



NEWSLETTER

Welcome to the **Staffordshire and Stoke-on-Trent Integrated Care System Autumn Newsletter**. We are pleased to share the latest edition of our newsletter, now presented in a new format as we move to a different system. In this issue, you'll find updates, news, and resources from across our local health and care system. Articles in this edition include:

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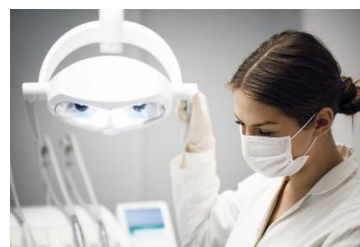
[5 Ways to Wellbeing](#)

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Need urgent dental care? Help is now easier to access

If you're in pain or experiencing an urgent dental issue, NHS urgent dental appointments are now available across Staffordshire and Stoke-on-Trent. This means that over 16,000 new urgent dental appointments will be made available each year across the area. These appointments will be provided in addition to existing NHS urgent dental care services and are reserved for patients in need of immediate care. [Read more.](#)



Think Pharmacy First

Did you know that you can go to your local community pharmacy for a vast range of healthcare needs? You can get help and advice for lots of different things, and now, pharmacists can even give medication where needed for [seven common conditions](#). All of this, without needing to wait for a GP appointment.



There are over [230 community pharmacies](#) across Staffordshire and Stoke-on-Trent. Community pharmacies have longer opening hours, including weekends, making it quick and easy to visit for help and advice, and you can go at a time that suits you.

You and your GP

NHS England has created a new set of guidelines called "[You and Your General Practice](#)" (YYGP) for patients and GP practices. The guidelines set out ways in which GP practices can support you, such as making reasonable adjustments. In return, it looks at how you can do your bit by being on time and prepared for your appointments, and by avoiding wasted appointments by cancelling early if you cannot make it. [More information is available on the ICB website.](#)

Children's blood tests now available at Sir Robert Peel Hospital

Sir Robert Peel Community Diagnostic Centre in Tamworth now offers children's blood tests in a dedicated weekly clinic. The blood clinic, which was set up in response to feedback from GPs, offers a calm and quiet environment, for children between the ages of 6 and 12, who require blood tests. [Read more.](#)



Easy read bowel cancer screening videos

To improve the understanding of bowel cancer screening, we have developed four videos. These videos have been co-produced with people with a learning disability, and autistic people, and include easy read images, clear explanations, and scenario demonstrations. The videos and more information can be found [here.](#)

Cannock Chase Council to support residents facing cost of living pressures

Cannock Chase Council is extending its partnership with the energy advice charity, [Beat the Cold](#) to support residents facing the cost-of-living pressures. By working together, the Council and Beat the Cold aim to ensure that residents can access the advice and assistance they need during these challenging times. [Read more.](#)



Medicines waste - only order what you need

Did you know you can help your local NHS to reduce medicines waste by only ordering what you need on your repeat prescription? Before ordering your repeat prescription, take a moment to check what medicines you already have at home. If you have enough for now, you can request the rest later when you need them. If you order prescriptions on behalf of someone else, try to keep an eye on their stock levels too. [Here are some tips to help you only order what you need.](#)



Downs Syndrome Forum

We are inviting people with Down's syndrome, and their parents and carers to join our Autumn meeting of the [Down's syndrome Forum](#) on Monday 10 November (12pm) at the [Wolseley Centre](#). [Find out more here](#). See our [website](#) to watch [a video](#) about the forum and an [easy read information sheet](#) is also available. Please email ssotics.comms@staffsstoke.icb.nhs.uk if you would like to join us.



New dementia friendly strategy for Stoke-on-Trent

Stoke-on-Trent is set to benefit from a new, modernised dementia strategy designed to improve support for residents living with dementia, their families and carers and the communities they live in. The strategy sets out the city's vision and priorities for health and care services over the next four years. [Read more](#).



Transforming Adult Mental Health Inpatient Services Strategy

Staffordshire and Stoke-on-Trent Integrated Care Board have published a [Year One review](#) that provides an overview of the progress made during 2024/25 of the Inpatient Quality Transformation programme of the ICB '[Transforming Adult Mental Health Inpatient Services Strategy 2024/27](#)'. A summary of the public engagement activity that took place during Year One of the strategy is [also available](#).

Celebrating 40 years of Headway

Headway is a charity in North Staffordshire that supports adults with an acquired brain injury. Whether from tumour or other cause, Headway is there to help you find your way to rehabilitation so that you can live your best life.

This year Headway is 40 years old and they are asking for support to help celebrate this milestone. The campaign is asking people to match their 40 year's service with 40 of whatever they can offer, be



it £40, 40 minutes of volunteering, 40 of something your business makes etc. Follow [this link](#) for more information.

New 24/7 mental health support text services launched

Anyone across Staffordshire and Stoke-on-Trent can now access 24/7 mental health support by text with the launch of two new free text services across the area. The text services are delivered by Midlands Partnership University NHS Foundation Trust (MPFT) and North Staffordshire Combined Healthcare NHS Trust (NSCHT), commissioned by Staffordshire and Stoke-on-Trent Integrated Care Board. The numbers to text to receive support for your mental health and further information can be found [here](#).



Connecting to work through new support programme

People in Staffordshire who may struggle to work due to health conditions or other barriers will soon be able to access the support they need through a county council-run programme. The programme aims to help people to gain long-term employment, skills development and improved health. It will join up local health and employment support to give people a better chance of finding work and retaining their position. [Read more](#)



Infant CPR and safe sleep guide

You can now download the new [Infant CPR and Safe Sleep Guide](#), created to give parents and carers the confidence to act in an emergency and create a safe sleep environment for their baby. The guide provides clear, practical advice on the essential steps for performing infant CPR and how to make sure your baby sleeps safely. The information in this guide is supported by the Staffordshire and Stoke-on-Trent Child Death Overview Panel (CDOP) and has been developed in support of [Rowan's Rule](#). Expectant mums at University Hospitals of North Midlands



NHS Trust (UHNM) will receive this guide as part of their antenatal appointment.

Gambling Harms Service

A Specialist Gambling Harms Service provided by Midlands Partnership University NHS Foundation Trust (MPFT) is supporting hundreds of people in the West Midlands with their recovery. The West Midlands Gambling Harms Clinic offers specialist addiction therapy, treatment and recovery to people affected by gambling addiction and gambling problems across the region. [Read more.](#)



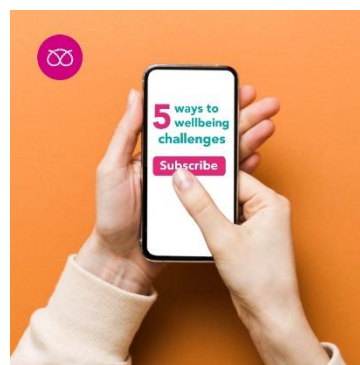
North Staffordshire Combined Healthcare virtual walk through of mental health services

North Staffordshire Combined Healthcare (NSCHT) is pioneering the use of virtual walkthroughs of its mental health services to allow service users and their loved ones to preview the facilities they will be using. In doing so, the Trust is breaking down barriers to accessing mental healthcare facilities by dispelling myths or misconceptions about what modern, compassionate NHS mental healthcare looks and feels like. [Read more.](#)



5 Ways to Wellbeing

We all need good mental health and wellbeing to live happy and healthy lives. It can help us sleep better, feel better, do the things we want to do and have more positive relationships. It can also help us deal with difficult times in the future. There is evidence to suggest that there are five positive actions we can take to make us feel happier, healthier and have a greater sense of mental wellbeing. These are 'Be Active', 'Connect', 'Give', 'Keep Learning' and 'Take Notice', known collectively as the 5 Ways to Wellbeing. [Read more.](#)



Suicide postvention in education settings

Staffordshire and Stoke-on-Trent Integrated Care System (ICS) has published a new guidance document to support schools, colleges and education settings across Staffordshire and Stoke-on-Trent around the immediate processes involved in a child death by suspected suicide, and to provide advice about ongoing support and communications. The guidance recognises the significant emotional impact such incidents can have on both students and staff and aims to reduce further harm through clear advice and signposting. [Read more](#).

Live life to the max

A new strategy is to be launched by Stoke-on-Trent City Council to help a wide range of local people to live the most independent lives possible. The Independent Living Strategy will place a focus on choice and quality, making sure that residents receive the right support at the right time. The new approach goes beyond adult social care, bringing together housing, public health, Telecare, NHS partners and voluntary organisations. The strategy aims to make independent living easier to achieve and more sustainable for the long term. [Read more](#).



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