

PPG Newsletter February 2024

Smoking Cessation

The adverse effects on health are well known and are colleagues at Solutions4Health have asked us to remind all those who wish to have help to cease smoking where to go for this valuable help:



**30 SECONDS
TO SAVE A LIFE**

Ask ▶ **Do you smoke?**

Advise ▶ **There is free help to quit & it's easier to quit with support**

Act ▶ **Text QUIT to 66777**

Free help to quit smoking!

☎ **01264 563039**

🌐 **SmokefreeHampshire.co.uk**

📱📷📺 **@SFHampshire**



Norovirus

Please be aware that we have been seeing a lot of cases of Norovirus. Norovirus, also known as the 'winter vomiting bug', is the most common stomach bug in the UK. It can spread easily through close contact, or by contaminated surfaces, food or water. The main symptoms of norovirus include a sudden onset of nausea, followed by projectile vomiting and diarrhoea, usually 1 to 2 days after becoming infected. Other common symptoms include a high fever, a headache and aching arms and legs. Good hand hygiene is important to stop norovirus spreading.

To stop norovirus spreading, you should:

- wash your hands thoroughly using soap and warm water after using the toilet or contact with a sick individual and before preparing and eating food
- stay off school or work until you have not been sick or had diarrhoea for at least 2 days
- not rely on alcohol gels instead of washing your hands, as these do not kill the virus
- wash any contaminated clothing or bedding using detergent at 60°C using disposable gloves to handle any items
- use bleach-based cleaners to disinfect surfaces

If you catch norovirus, stay home for 48 hours after your symptoms clear.

Training Afternoon

We have an important Training Afternoon on Wednesday 28th February 2024 between 12.30 – 18.30 hrs. North Hampshire Urgent Care (NHS 111) will be covering all **Urgent** calls between these hours that cannot wait until the next day. We will be open again on Thursday 29th February 2024 at 08.00 hrs.

Trial of Health Pod at Overton

We are hoping to trial a new style Health Pod at Overton during the Spring 2024. More details will be provided in future.

New Hospital Consultation

The consultation process on the new hospital has now started; it runs from 11 December 2023 for 14 weeks until midnight 17 March 2024. The Consultation Document is available on the website <https://www.hampshiretogether.nhs.uk/>. It is available in three formats; the full document, a summary consultation document or an easy read consultation document. The website also has a series of videos from the senior management and medical teams which explain their thinking behind their recommendations.

The main purpose of the consultation will be your input into the three options being proposed. There are two potential sites, the existing site of the North Hants hospital or a new grass roots site near Junction 7 of the M3. Option 1 is to build on the existing site, options 2 and 3 build on the new site but with different levels of use for the existing hospitals at Basingstoke and Winchester.

The management and medical teams state their preference as Option 2 which in summary is a New Acute Hospital near to Junction 7 of the M3, with the existing hospitals at Winchester and Basingstoke being mainly used for outpatients, diagnostics and therapies and planned day-case surgery.

There are public communication sessions both in person and on-line. Details are available on the website under the tab **Get involved**.

Having read the Consultation documentation you can have your say by either completing the Consultation Questionnaire on-line, sending an email to hiowicb-hsi.mohhs@nhs.net , by calling 0300 561 0905, or by sending a letter to Freepost HAMPSHIRE TOGETHER.