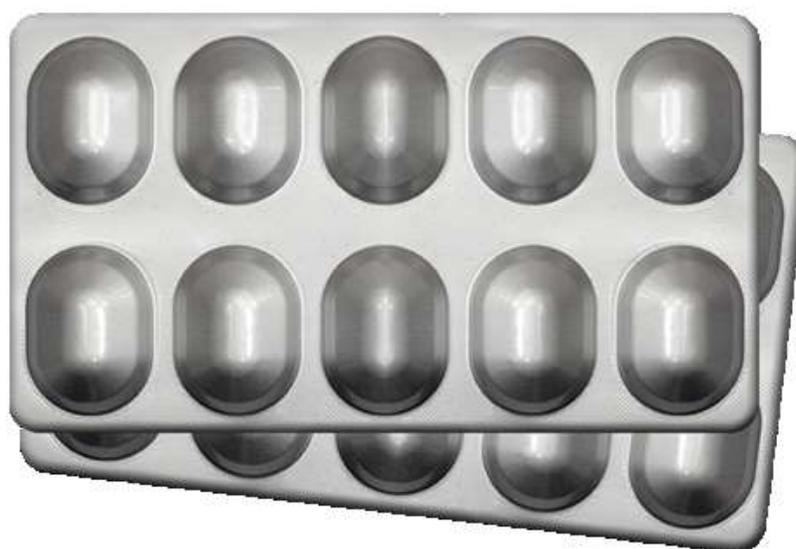




Our plan about prescriptions and saving money

Telling us what you think



An easy read booklet & questionnaire



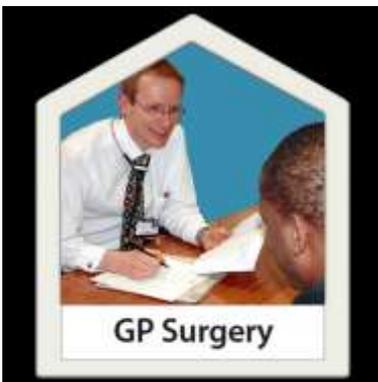
Who we are

We are **NHS Croydon Clinical Commissioning Group (CCG)**.

We are responsible for buying healthcare for everyone that lives in Croydon.

This includes NHS services like

- emergency care
- hospital care
- community services
- mental health services.



All the GP practices in Croydon are part of Croydon CCG.

Telling us what you think

We have to save a lot of money.

We have to use the money we do have in the best way for everyone.





We want to know what you think about changes we want to make to what you can get on prescription.

We think one way we can save money is to change what GPs can give prescriptions for.



What we want to change

Every year people throw away a lot of medicines.

This is money that NHS Croydon could spend in a better way.



Some things that GPs give prescriptions for can be bought without a prescription at your pharmacy or local shops.



We want to save money by changing the way GPs give out prescriptions for

1. Gluten-free foods
2. Vitamin D
3. Baby milks



4. **Self-care medicines** – this means medicine you can buy and take yourself like painkillers for a headache.

Prescriptions for gluten-free foods



Gluten is found in wheat.

Wheat is used in food like bread and pasta. Some people cannot eat gluten because it makes them ill.



- It used to be hard to buy foods that were gluten-free.
- Now, most big supermarkets have lots of food that is gluten-free.
- Gluten-free food is cheaper than it used to be.

We want to stop prescriptions for gluten free foods.

This will save NHS Croydon about £83,000 a year. This is money we can spend in other ways.





Prescriptions for Vitamin D

Vitamin D helps your body to use minerals called **calcium** and **phosphate**.

Your body needs calcium and phosphate to keep your bones, teeth and muscles healthy.

You get Vitamin D from foods like

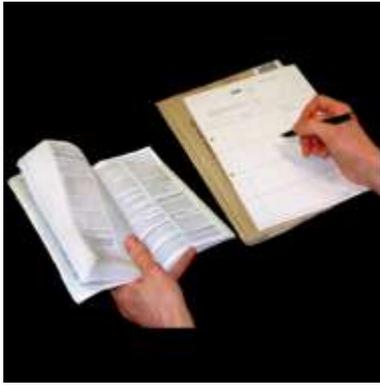
- oily fish
- mushrooms
- cheese
- egg yolks.

You can buy foods with Vitamin D at your local shops.

We want to stop prescriptions for Vitamin D.

This will save NHS Croydon about £200,000 a year that we can spend in other ways.





GPs will still give prescriptions to people they know are at risk of not having enough Vitamin D.

Prescriptions for baby milks



- GPs give prescriptions for special milks and formulas.
- It is easier buy special milk and formula for babies from supermarkets and pharmacies.
- They cost about the same as ordinary baby milk formula.



We want to stop prescriptions for special milks and formulas.

This will save NHS Croydon about £278,000 a year. This is money we can spend in other ways.



GPs will still give milk and formula prescriptions for babies with some health problems.

Prescriptions for self-care medicines

Self-care medicines are medicines like aspirin, paracetamol and cough mixture that you take for headaches, colds and flu.

- You can buy self-care medicines at supermarkets, your local pharmacy or the corner shop.
- You can get help and advice about minor health problems like colds from your pharmacist - you don't need to go to your GP.
- It is often much cheaper to buy self-care medicines than to get them on prescription.

We want to stop prescriptions for self-care medicines.

This will save NHS Croydon about £45,000 a year that we can spend in other ways.

GPs will still give prescriptions for self-care medicines to people with big health problems.



Telling us what you think

We are finding out what people think of our plans in lots of ways

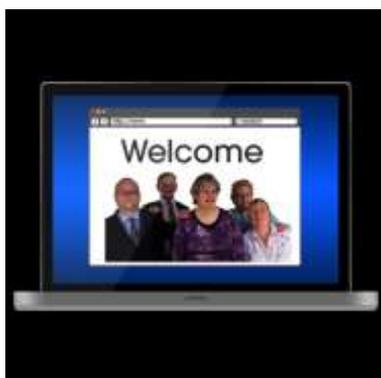
- At drop-in sessions in all of Croydon's GP networks.
- As part of a **Patient Participation Group**
- As part of a group who may be most affected by the changes and groups that don't often get a say.
- As part of a community and voluntary group
- As part of Healthwatch Croydon.



Everyone can come to a meeting on
Tuesday 13 December 2016, 6pm - 8pm

The meeting is here

The Community Rooms, Bernard Weatherill House, 8 Mint Walk, Croydon CR0 1EA



Please register for the meeting on our website at
www.croydonccg.nhs.uk



You can fill out the questionnaire on the next few pages.

Post it back to us at

FREEPOST ENGAGEMENT CROYDON CCG



You do not need to put a stamp on it.

Send it back to us by **Friday 6 January 2017**.



You can find out more information about our plans on our website

www.croydonccg.nhs.uk



Some of the questions ask how much you agree with our plan. Please circle the answer that you want to give.



For example

Strongly agree	Agree	Don't know	Disagree	Strongly disagree
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1. I understand why Croydon NHS want to stop prescriptions for things that are easy to get and not expensive



Strongly agree	Agree	Don't know	Disagree	Strongly disagree
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2. How much do you agree that GPs should stop giving prescriptions for gluten free foods?



Strongly agree	Agree	Don't know	Disagree	Strongly disagree
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3. How much do you agree that GPs should stop giving prescriptions for Vitamin D except to people who have a big risk of not enough Vitamin D?





Strongly agree	Agree	Don't know	Disagree	Strongly disagree
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4. How much do you agree that GPs should stop giving prescriptions for special baby milks and formula except for babies with big health problems?



Strongly agree	Agree	Don't know	Disagree	Strongly disagree
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5. How much do you agree that GPs should stop giving prescriptions for self-care medicines except for people who have big health problems?



Strongly agree	Agree	Don't know	Disagree	Strongly disagree
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Is there anything else you want to tell us about our plans?



About you



I am a

Local resident

Group - please tell us the name

Clinician

Commissioner

Other healthcare professional



**I would like to know what you decide
about prescriptions**

**I would like to know about any future
plans for healthcare in Croydon**



My email address is



It will help us if you can fill out the rest of the information, but you don't have to.

This information is for us to check if we have heard from all the groups of people that live in Croydon.



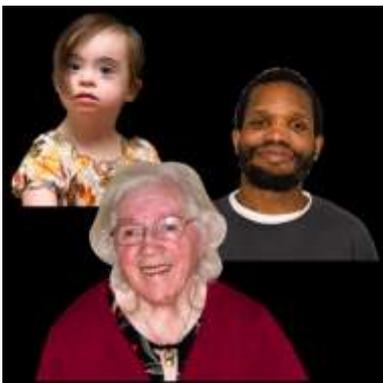
I am

Female

Male

Prefer not to say

My age group is – please tick



Under 18		55-64	
18-24		65- 74	
25-34		74-84	
35-44		85 and above	
45-54		Prefer not to say	



My ethnic origin is – please tick

White – British or Irish	<input type="checkbox"/>
White – other white background	<input type="checkbox"/>
Black or Black British	<input type="checkbox"/>
Asian or Asian British	<input type="checkbox"/>
Mixed	<input type="checkbox"/>
Chinese	<input type="checkbox"/>
Prefer not to answer	<input type="checkbox"/>



Any other (please write in below)

