

NPC

National Pensioners Convention GREATER LONDON REGION

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Information Bulletin

January 2015

With best wishes for a Healthy, Happy and Prosperous 2015

Dignity Action Day 30th January 2015 (1st Feb is a Sunday). This will promote the NPC Dignity Code and the need for it to be included in legislation.

SERTUC Pensioners Network– Annual Seminar 2nd March 2015 10.00-3.30 pm
POSTPONED

March for homes, 31st January. Assemble midday St Mary's Churchyard
(Elephant and Castle, tube/rail).

The next London Regional Council meeting will be held on Thursday 29th January, and will be held in St Pancras Church Hall. Turn left out of Euston Station, and cross over Eversholt Street into Lancing Street. **It starts at 11.00 am and finishes no later than 3.30 pm and a small buffet lunch is available.**

All delegates from affiliates are invited, and associate (individual) members can also attend but not vote.

As well as the usual business, as a guest speaker, we have invited Robin Burgess a representative from NHS England, to give a presentation on the proposed Care-Data scheme and use of information by the NHS.

This has been arranged to take place from 11.30 to 12.30 pm. After the presentation Robin will then lead the discussion/Q and A session, and respond to any queries/concerns delegates may have.

You may remember that earlier last year there was outrage that similar proposals were being pushed through, without any consultation. As a result of these concerns, which included representation from the LR NPC, the proposals were withdrawn for further consultation. So please come along and have your say.

If you would like to assist in fundraising for the London Region NPC why not join the '100' club. At least half of the money raised each month goes in prize money. Further details are on the back page. If you are already a member of the '100' club and wish to continue in '15, please send your cheque for £48.00 as soon as possible, so that you are entered into the January draw.

Attention of all affiliates. This does not include associate (individual) members
You should by now have received the paperwork (or email) advising of the opportunity to send in amendments to the motions, which will be discussed at the AGM.
Please note that they must be received in the office by the closing date, which is 12th February.

Choose well - get the right treatment for you

If you become unwell or are injured we encourage you to choose the right NHS service to ensure you get the best treatment for you.

Did you know that a trip to A&E may not be necessary?

With many conditions, people can be more appropriately treated at places other than hospital A&E departments. Instead, it may be quicker, easier and more convenient to see a local GP, chemist or to visit a NHS walk-in centre or urgent care centre.

111 - the new NHS telephone number, call 111 when you need medical help fast, but it isn't a 999 emergency. NHS 111 is a fast and easy way to get the right help – wherever you are, and whatever the time, and all calls from landlines and mobiles are free.

Other options:

- **GP** - Make an appointment with your GP when you have an illness or injury that will not go away. If you feel unwell outside of surgery hours and cannot wait until it reopens, then your GP out of hours service will be able to help. You can contact the service by calling your surgery and following the instructions given on the out of hours telephone message.
- **NHS walk-in centre** – Walk-in centres, are staffed by experienced nurses and offer care and treatment for adults and children with minor injuries and illnesses. You do not need an appointment. To find your nearest walk-in centre go to www.nhs.uk
- **Urgent Care Centres** - treats minor injuries and illnesses that require urgent and immediate treatment. Patients are assessed and treated in order of the priority of your condition. These should only be used if you require urgent medical attention and cannot be seen by your registered GP.

NHS Choices – This website offers information on conditions, treatments, local services and healthy living. www.nhs.uk

NHS Direct – This service offers advice if you are ill and can answer any health-related questions you may have. It can also help you find health services in your area. Phone: 0845 4647 or go to www.nhsdirect.nhs.uk

- **Pharmacist** - Your local pharmacist can give you advice on illnesses and medicines. Visit a pharmacist when you have a common health problem which does not require being seen by a nurse or doctor.
- **Self care** - some illnesses can be treated in your home by using over the counter medicine and getting plenty of rest. This may be the best choice to treat very minor illnesses and injuries.

A&E or 999 - please only go to A&E or call 999 in an emergency. If it is not a life-threatening situation, consider the other options available to you.

In preparation for our London Region AGM in March '15, would any Branch or group affiliate consider full or part sponsorship of the production of our special AGM bulletin and/or postage. The combined costs are in the region of £600.

We would of course ensure that you receive acknowledgement with space for an advert.

London Region NPC EC dates for 2015

All EC meetings are on the 2nd Friday of the month (except June) and are held in Walkden House, starting at 11.00am and finishing no later than 1.30pm

The next Regional Council Meeting will be held on Thursday 29th January '15 and will be at the usual venue, St Pancras Church Hall. Please make a note in your diary.

It is open to delegates from affiliated organisations and Associate members are welcome to attend as visitors.

The NPC Head Office is at
'Walkden House'
10 Melton Street NW1 2EJ
020 7383 0388

email info@npcuk.org
web site www.npcuk.org
The building is on the right as you exit Euston Station
lower ground floor

How can NHS services in south London be improved?

What do patients and service users think?

A team of researchers at King's College London and St George's, University of London have been given £9 million by the National Institute for Health Research to improve NHS services in south London's 12 boroughs. The team are part of an organisation called the 'Collaboration for Leadership in Applied Health Research and Care South London' – CLAHRC South London for short.

You are invited to find out more about their plans, meet some of the researchers and tell them what you think they should be doing ... on Saturday 7 March 2015 from 10am to 3.30pm at Coin Street Neighbourhood Centre, 108 Stamford Street SE1 9NH (5 minutes from Waterloo station)

The event is open to everyone who uses NHS services in south London and will include a free lunch. The cost of travel to Waterloo can be reimbursed.

Book a place by registering at <http://www.eventbrite.co.uk/e/health-services-in-south-london-what-do-you-think-tickets-14505730029> or by phoning Diana Rose on 020 7848 5066.

For more information about CLAHRC South London, visit: <http://www.clahrc-southlondon.nihr.ac.uk>

Please note that we cannot directly recommend that you use Explorer Insurance, but would hope that you would consider contacting them, when you are getting quotes for travel insurance. The details are below.



Explorer Travel Insurance has teamed up with NPC to offer great value cover to its supporters, including those with pre-existing medical conditions.

Single trip travel insurance policies do not have a maximum age limit and annual multi-trip policies are available to those aged up to 79 years old.

All Explorer policies include the following benefits:

- Up to £10m worth of medical expenses per person
- Up to £5000 cancellation and curtailment costs per person
- Up to £2000 damage/loss of baggage and personal items per person

Policy excesses are between £75 to £150 depending on the cover selected.

To get a quote and buy a policy call Explorer Travel Insurance on freephone number 0800 043 4003 and quote NPC or visit www.explorerinsurance.co.uk/npc

For every policy purchased the NPC will receive 10% of the sales premium.

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Conned again!!

Inflation reduced. However look behind the headline news!

Much of the pre Christmas press coverage, related to the supposedly good news that the Consumer Price Index (**CPI**) had **dropped to 1%**, mainly due to cheaper petrol. However they forgot to mention that **RPI** (which we used to quote) **still stood at 2%**. Unfortunately many bills and payments are often pegged to the RPI figure. These include train fares and water bills. Many final salary pension schemes were also changed from RPI to CPI, so Pensioners have lost out.

At the other end of the spectrum Graduates have their student loan repayments pegged to RPI (with three percentage points added on top for certain payees), in other words they may be charged an interest rate of 5%..

As certain state benefits were previously linked to RPI, the Treasury has saved a huge amount of money. The change from RPI to CPI appears to make you better off.

Tommy Cooper would have been proud to have had this as one of his tricks.

Now you see it, Now you don't.

Legacies.

If you are considering leaving a legacy to the NPC please specify whether it's National or for the London Region.

It is fairly easy to leave a legacy, however it is recommended that in drawing up a will that you do get legal advice. Many Trade Unions offer either free or reduced rate schemes. There are basically 3 ways of making a donation via a will. These are:-

*residual'- a proportion of your estate, (any %)

*pecuniary'- a set sum of money

*specific'- eg an item, say a car or piece of furniture

London Region 100 club Please consider (re-) joining for 2015

Thank you to all those who continue to support this fundraising activity.

Should you wish to pay via standing order ie £4 a month please contact Barry (details on page 1) and he will forward the form for you to complete, before returning it to him. For those paying by cheque, please make it payable to 'LR NPC 100 Club', and send it to Barry, ready for the January draw.



Please publicise our '100 club' fund raising activity within your Branch/group.

Don't forget that your Branch/group or two or more individuals could purchase a joint membership, as long as one person is listed as the ticket holder. The **winning**

ticket in December was No. 5 held by Redbridge Pensioners Forum so congratulations to them.

If you are not in it- You will not win it!!

For those with access to the internet.

Did you know that you could download and read the NPC 'Message' on line, at npcuk.org