

Sick and tired of feeling sick and tired?
 NHS South West London
 Join the free Expert Patients Programme, a six week course for 2½ hours a week, which can help you feel more like you control your illness and not like it controls you:
 • new skills to manage your condition
 • practical and realistic advice
 • advice on healthy eating and exercise
 • communicating how you feel
 • learn new relaxation techniques
 • tutors who have been through the programme

NHS Kingston Annual Report 2010/11

fresh start clinic
 planned alcohol detoxification programme
 NHS Wandsworth
 The Fresh Start Clinic offers specialist treatment to people suffering with mild to moderate alcohol dependency.
 For further information or to book into the clinic please call: Bridge Lane Group Practice 0844 477 3306 or Heathbridge Practice 0844 477 1877

better services better value

1 Rising demand for healthcare: more people, needing more care in the future

Changes in the population
 Our population in south west London is growing. People are living longer and the population is ageing. The latest projections suggest the number of people aged over 80 will increase by five thirds by 2025. This is an important trend because we know that older people generally have more health problems, and need to use health services more than younger adults.
 There will also be more babies, as more women of child bearing age move to south west London. It's expected that the number of babies will rise by more than 50% over the next five years!

Distribution of population age group and NHS per capita spend*

Age Group	Population Size	Per capita NHS spend
0-5	Small	Low
6-15	Small	Low
16-64	Medium	Medium
65-74	Medium	High
75-84	Medium	Very High
85+	Small	Very High

** Looking ahead, this means there will be more older people, more women and children for the NHS to care for.*

Improving mental health services in Sutton
 NHS South West London
 Public consultation on changes to services

annual reports

health campaigns

visual identities

consultation documents

quick turnarounds • competitive prices • experience of working with the NHS brand • design of identities within the NHS • original, imaginative ideas with realistic solutions understanding and communication of the message • design of clear and engaging information • choice of the right media for the task • extensive digital and print experience

newsletters, e-bulletins – print and digital

image research and illustration

banners, stress balls...

maps, diagrams and infographics

clinical lead for Dr. Better Hospital
 Dr. Howard Freeman and Dr. David Finch, local GPs and Joint Medical Directors for NHS South West London, welcome you to the second edition of BSBV e-update.

e-update 2
 from Better Services Better Value
 12:2011
 NHS
Better Services Better Value in numbers
 70 local GPs at BSBV event on 1 December
 87% of the local GPs at the event agreed there is a case for changing services in south west London
 88 nurses discussing BSBV on 20th December at the Practice Nurse Forum
 12 years: the drop in life expectancy from the start of the 20th to the end in Pollards Hill
 48% current proportion of south west London health budget spent on acute & specialist services
 262 responses to online maternity survey
 91 babies during the hour long maternity meet chat
 18,800 babies born in south west London in 2010
 January involvement events
 Tuesday 10 January 2011, 10:30-13:00
 Antioch's Hotel, Kingston
 Saturday 14 January 2011, 10:00-12:30
 Wimbledon Bridge House, Wimbledon
 Monday 16 January 2011, 18:30-21:00
 Fairfield Halls, Croydon
 Please contact better-services@wimbledon.nhs.uk or phone 020 3458 5747 if you work with any local community groups and would like someone to attend your meeting to talk about the review.
 To fill in the survey go to: <http://svy.nhs.uk/00969>
 If you would like a paper copy of the survey please call 020 3458 5747
 Survey closes Friday 6 January 2012.

Who's in the team?
 NHS
 an introduction to the people you will meet during your pregnancy

Join the Youth Health Jury
 Make friends Gain experience Get involved
 Make your CV stand out!
 Find us on facebook at Wandsworth NHS Young
www.wandsworth.nhs.uk

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Wandsworth's active
 NHS South West London
 11 routes walking based on 2.5 mph
 Cycling routes
 10 routes cycling based on 15 mph
 10 routes cycling based on 20 mph
 10 routes cycling based on 25 mph
 10 routes cycling based on 30 mph
 10 routes cycling based on 35 mph
 10 routes cycling based on 40 mph
 10 routes cycling based on 45 mph
 10 routes cycling based on 50 mph
 10 routes cycling based on 55 mph
 10 routes cycling based on 60 mph
 10 routes cycling based on 65 mph
 10 routes cycling based on 70 mph
 10 routes cycling based on 75 mph
 10 routes cycling based on 80 mph
 10 routes cycling based on 85 mph
 10 routes cycling based on 90 mph
 10 routes cycling based on 95 mph
 10 routes cycling based on 100 mph

Springfield Hospital main transport links with Sutton
 NHS South West London
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