

## Still time to join our amazing team of Young Listeners

**Aged 16-24? Volunteer with us** **healthwatch**  
Gloucestershire



**Become a Young Listener**

Be part of the positive change we're bringing to young people's health and social care services in Gloucestershire.

**Get in touch**  [volunteering@healthwatchgloucestershire.co.uk](mailto:volunteering@healthwatchgloucestershire.co.uk)  
 [healthwatchgloucestershire.co.uk](http://healthwatchgloucestershire.co.uk)

Our Young Listeners project has got off to a great start. We've recruited a thoughtful and ambitious group of young volunteers to lead and run the project, and they have been meeting up socially while they wait for training to begin in September. There's still time to get involved, so head over to our website to [find out more](#).

## Understanding the impact of Post-COVID Syndrome

We know that COVID-19 can cause symptoms that last weeks or months after the infection has gone; this is sometimes called Post-COVID Syndrome or 'long COVID'.

We are currently planning a project to find out about people's experiences of Post-COVID Syndrome and the health and care support they have received or need. We would like to know what has happened to you, your family, or friends, to help shape this piece of work. You can [feedback online](#) or [get in touch](#).



## Evaluating blood pressure monitoring at home



We are currently working with Healthwatch England to evaluate a pilot scheme where patients monitor their blood pressure from home. They are given a monitor, take regular readings, and send these to their GP to review, without needing to visit the practice. This also frees up time for clinicians.

The scheme, called Blood Pressure @home, is being run through a small number of GPs in Gloucestershire and in other areas in England, to see if it could be rolled out across the country. GP feedback has been gathered and we are now finding out what patients think of the process, through a survey and phone interviews. Healthwatch England are hoping to report on the findings in the autumn.

Find out more about blood pressure monitoring at home:

[www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/](http://www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/)

## Pharmacies in England to offer free blood pressure tests

From October, every NHS pharmacy in England will be able to provide free blood pressure checks to people aged 40 and over. NHS England says the new service, which follows a 2019 pilot scheme, will help find thousands more people living with cardiovascular disease earlier and prevent over 150,000 heart attacks, strokes, and dementia cases – a key part of the NHS Long Term Plan. [Read more.](#)



## Public feedback helps improve patient transport



New rules for NHS transport support were announced this month informed by patient and public feedback. Every patient who needs kidney dialysis will now get free transport to and from vital hospital appointments, and other patients should find it simpler to get free transport, including those with long term conditions and mobility problems.

In 2019, Healthwatch England, in partnership with Age UK and Kidney Care UK, published a report called [There and back](#), which looked at the experiences of over 3,000 people who shared the challenges they faced when travelling to and from NHS services. NHS England then reviewed Non-Emergency Patient Transport Services (NEPTS), working with Healthwatch to make sure the needs of patients were at the forefront of new proposals. [Read more about the changes](#) being introduced to NEPTS and broader NHS transport support.



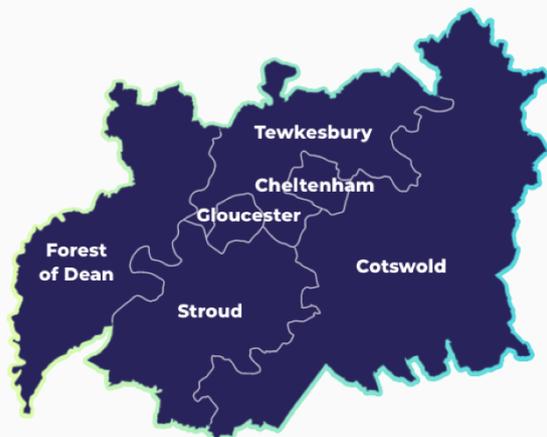
### Share our news

If you know someone who would be interested in keeping up to date with our news or getting involved with our work, please share this bulletin and the [sign-up link](#).

Speak up and help make health and social care better  
for you and your community

**Healthwatch Gloucestershire** is the county's independent health and social care champion. We exist to ensure that people are at the heart of care. Our dedicated team of staff and volunteers listen to what people like about local health and care services, and what could be improved. These views are then shared with the decision-making organisations in the county, so together we can make a real difference. We cover the geographical area of Gloucestershire

County Council, which includes the districts and boroughs of Cheltenham, Cotswold, Forest of Dean, Gloucester, Stroud, and Tewkesbury.



The **Healthwatch Gloucestershire** service is run by Evolving Communities CIC, a community interest company limited by guarantee and registered in England and Wales with company number 08464602. The registered office is at Unit 2 Hampton Park West, Melksham, SN12 6LH.



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