



How we can make sure services have the same rules



Bedfordshire, Luton and
Milton Keynes



About us

We are NHS Bedfordshire, Luton and Milton Keynes Clinical Commissioning Group. We are called **BLMK CCG** for short.



A Clinical Commissioning Group is made up of doctors, nurses and other health professionals.



We help to decide what health services are needed in the local area.

Things like:

- hospitals
- pharmacies or chemists
- mental health services





- community health services. These are services people can get at home or in their local community



We then buy the services that local people need.



We used to be 3 separate CCG's:

- Bedfordshire CCG
- Luton CCG
- Milton Keynes CCG



We all did some things in a similar way and some things a bit differently.



Now we have joined together we need to make sure we do everything in the same way.



We looked at all of the policies we each have. Policies are rules and advice we follow when we do things.



There are 3 policies that have big differences in the way we all do things.

- **Fertility Services Policy**



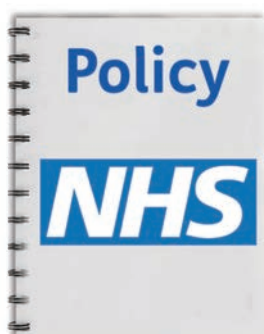
- **Gluten Free Food Policy**



- **Pharmacy First Scheme Policy**

The next few pages tell you:

- what the policies are about
- what the differences are
- what we want to do about it



Fertility Services Policy



Fertility services are for people who want to have a baby but need some help.



People who use fertility services have had some tests to see why they cannot have a baby without help.



At the moment we only support couples who are male and female.



We want to make sure more people can get help. People like:

- same sex female couples



- single females



- any person who can grow a baby in their tummy. This part of the body is called the uterus

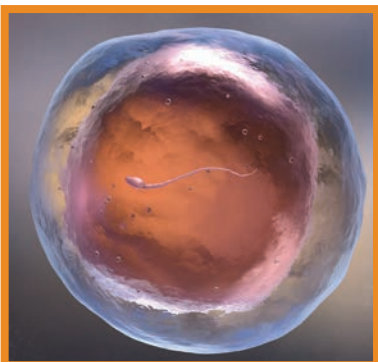


We need to decide who can get help from fertility services.

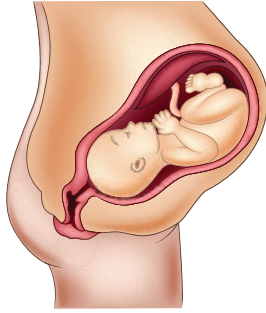


How many times you can have IVF

IVF is when a doctor makes a baby.

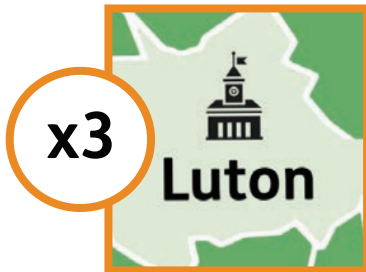


The doctor takes an egg and sperm from human bodies. The egg and sperm are put together by doctors.

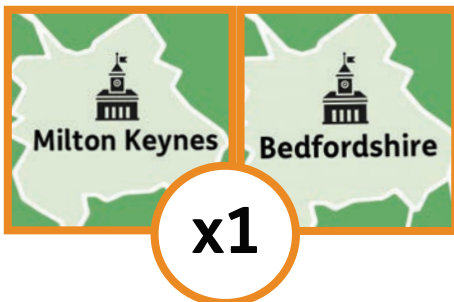


If the sperm starts to make the egg grow it is put back into the person with a uterus.

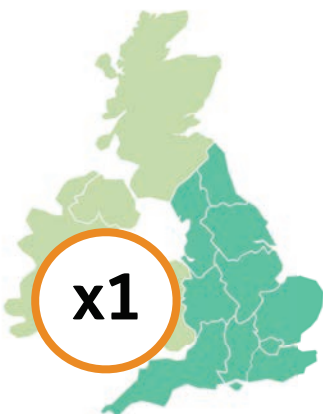
A baby then grows from the egg and sperm.



In Luton people can have 3 tries to make a baby using IVF.



In Milton Keynes and Bedfordshire you can only have 1 try to make a baby using IVF.



Most other CCG's in the country only offer 1 try at IVF before you have to pay for it yourself.



We need more money if more people can apply for IVF and have 3 tries.



It will cost about the same as it does now if more people can apply but only get 1 try at IVF.



If people are already using fertility services they will still use the old rules for that area.



Here are our 2 ideas for making the rules the same for IVF. We need to choose 1 of the ideas.



Idea 1

We will let more people use fertility services.



We will only offer 1 try at IVF in all of our 3 areas.



This means people in Luton will not get 3 tries at IVF anymore.



It will not cost us any more money to do this idea.

Idea 2



We will let more people use fertility services. Fertility services are called IVF as well.



We will offer 3 tries of IVF in all of our areas.



Luton already gets 3 tries. This means people in Bedfordshire and Milton Keynes will get more tries at IVF too.



We do not have lots of spare money to spend on things. This idea will cost us more money.



We think idea 1 is the best idea. It means we will give the same amount of tries as most other CCG's in the country.



It also means we do not have to take money away from other services to pay for it.

Gluten Free Food Policy



Gluten is something you find in some foods. Some people get very poorly if they eat anything with gluten in it.



Gluten free means the food doesn't have any gluten in it.



We say coeliac like this **see-lee-ac**.

People who have **coeliac disease** cannot eat gluten.



In Luton your doctor can give you a prescription for gluten free bread and flour.



You can only get a prescription if you have coeliac disease or a skin problem caused by eating gluten.



Doctors in Bedfordshire and Milton Keynes do not write prescriptions for gluten free food.



People who live there have to buy it themselves.



In Bedfordshire people on Universal Credit and Pension Credit can get gluten free bread and flour for free.



In Milton Keynes you can ask for free gluten free food if you can show:

- you cannot afford it

and

- you would be very ill if you did not get it



30 years ago doctors started writing prescriptions for gluten free food. This was because you could not buy it in many places.



Nowadays it is easier to buy gluten free food. Lots of shops and supermarkets sell it. You can also buy it online.



There is lots of advice and help about how to have a good diet without gluten in it.



Here are our 2 ideas for making the rules the same for gluten free food.

Idea 1



We will stop giving prescriptions for gluten free bread and flour in Luton. This will make it the same as Bedfordshire and Milton Keynes.



People on Universal Credit and Pension Credit will still get gluten free bread and flour for free.



We will still give people free gluten free food if you can show:

- you cannot afford it

and

- you would be very ill if you did not get it



This idea will save us a little bit of money.

Idea 2



We will give people in all 3 areas free prescriptions for gluten free bread and flour.

This idea will cost us a lot more money.



We think idea 1 is the best idea.



It is easier for most people to buy gluten free food in shops, supermarkets and online.



There will still be help for people who find it hard to buy gluten free food.



It will save us some money



Pharmacy First Scheme Policy

A pharmacy is the place you get your medicines from. Sometimes people call it a chemist.

The Pharmacy First Scheme is when you go to the pharmacy instead of your doctor if you have things like:

- a bite or sting
- a small cut or burn
- a cold or sore throat





The pharmacist can give you medication to help. You will get this for free if you already get free prescriptions.



This is a service that only happens in some pharmacies in Milton Keynes.



In Bedfordshire and Luton people can still get advice from the pharmacist. But, you have to pay for any medicine they tell you to use.



These medicines are ones that anyone can buy. You do not need a prescription.



Here are our 2 ideas for making the rules the same for the Pharmacy First Scheme.

Idea 1



We will stop the Pharmacy First Scheme in Milton Keynes. This means it will be the same as Bedfordshire and Luton.

Idea 2



We will keep the Pharmacy First Scheme in Milton Keynes and have it in Bedfordshire and Luton too.



This would cost us more money.



We think idea 1 is the best idea. The rest of the country do this so we will all be the same.

What happens next

We want to know what you think about our ideas.

A questionnaire titled "Tell us what you think?" with a question: "1. Do you think the idea is a good one?". There are three options: "Yes", "No", and "Not sure". The "No" option is selected with a blue checkmark. A hand is shown holding a pen, filling in the form.

Fill in the easy read questionnaire to tell us what you think.



You need to send it back to us by **Tuesday 21 December 2021.**



We will look at what everyone says then write a report.

The report will help BLMK CCG decide which ideas they should use.



For more information about our ideas you can:

Email us

blmkccg.communications@nhs.net



Look online:

**[www.blmkccg.nhs.uk/
PolicyConsultation](http://www.blmkccg.nhs.uk/PolicyConsultation)**