You may have seen advertisements for the NHS 10-Year Health Plan, which the Government has encouraged the public to share their views on. The first question asks:

*"If the 10-Year Health Plan is a success, what three words describe how using the NHS will feel in the future?"*

Take a moment to think about it—and ask those around you as you read this, my answer is below. Visit [change.nhs.uk](https://change.nhs.uk) to find out how you can take part.

Now, it’s time to hand over to Tina Brown, our community paramedic, who has kindly written this month’s article about her role:

I began my NHS career in 2003 with the then Essex Ambulance service as an Ambulance Technician. Over the next 16 years, I progressed to Paramedic status and witnessed the service expand, merging with neighbouring counties to form the East of England Ambulance Service. Personally, I believe this was a step in the wrong direction—as the saying goes, *"too many chefs spoil the broth!"*

Wanting to develop my skills further, I returned to university to complete my Minor Illness accreditation, which led to obtaining my prescribing certificate.

I then spent six wonderful years at a practice in Harlow, where I worked closely with care homes, saw patients in the surgery, and carried out home visits. Home visits, in particular, were especially rewarding—being out in the community has always been my true passion.

Since July 2024, I’ve taken on an exciting new role with the Stort Valley and Villages PCN, working across all the surgeries in Bishop’s Stortford, Sawbridgeworth, and Much Hadham. Saying I love this job would be an understatement! I’ve always felt that housebound patients can sometimes go years without seeing medical staff, and visiting them in their homes gives me valuable insight into their well-being. My years in emergency care have given me a ‘sixth sense’ when assessing patients, ensuring they receive the care they need. Each visit is like a full ‘MOT,’ and if I have any concerns, I can always consult with a GP.

In addition to home visits, I work two afternoons a week at The Hub at Herts and Essex Hospital, seeing minor illness cases. I also have Fridays off—a little work-life balance!

Every Tuesday, I’m at Much Hadham, so if you see me around or receive a visit, don’t hesitate to say hello. Take care, everyone, and remember to look after your health!

In response to the question above, I decided to go for F words:

* **Fast** – Quicker access to care, reduced wait times, and efficient services.
* **Fair** – Equitable, inclusive, and accessible for everyone.
* **Funded** – A thriving, fully funded, well-resourced, and patient-focused system.

Best wishes

Andrew