

Getting special bread or bread mixes on prescription

Tell us what you think



Easy
Read

Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



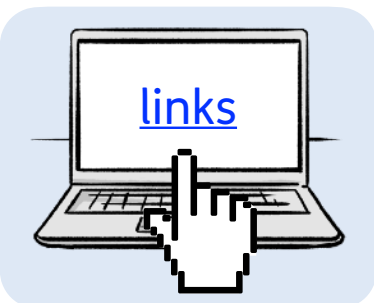
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.

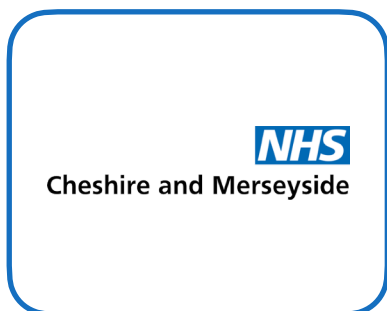


Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



This booklet is from NHS Cheshire and Merseyside.

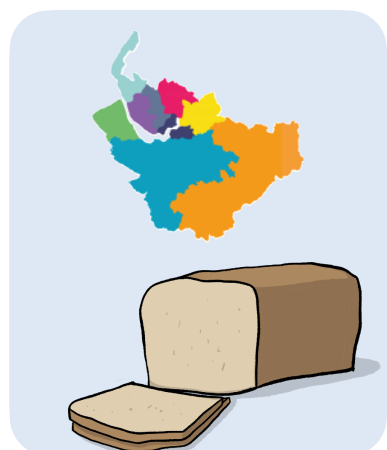


We plan health care services for the whole of Cheshire and Merseyside.



We are thinking about making changes to what people can get on **prescription**.

A **prescription** is the note which says what medicines your doctor thinks you should have.



At the moment, some people in Cheshire and Merseyside can get a prescription for **gluten free** bread, and mixes to make gluten free bread at home.

Gluten is found in wheat and barley, and can make some people ill.



But not everyone in Cheshire and Merseyside can get gluten free bread and mixes on prescription, because of how decisions were made in the past.



We want to be fair to everyone.



But before we make any changes, we want to know what people think.



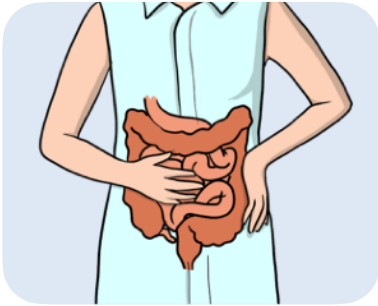
Please read the information in this booklet and answer the questions to tell us what you think.



You must tell us what you think before midnight on 11 March 2025.

About gluten

There are 2 main reasons some people need a gluten free diet:



- Your body attacks any gluten that you eat and damages your insides. This is called **coeliac disease**.



- If you eat gluten, you could get a rash on your body, usually on your elbows, knees and bottom. This is called **dermatitis herpetiformis**.



To help, people usually need to stop eating foods with gluten in them.



In the past, doctors could give people with Coeliac disease prescriptions for some gluten free foods.



But in 2018, new rules said that only gluten free bread and bread mixes should be given out.



Most places in Cheshire and Merseyside follow these rules.

Who gets gluten free food



Health care in different parts of Cheshire and Merseyside used to be planned by different organisations called **Clinical Commissioning Groups (CCGs)**.



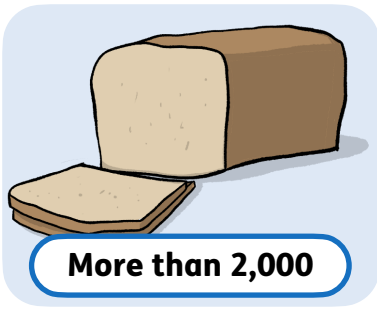
Some CCGs had different rules about who could get gluten free food.



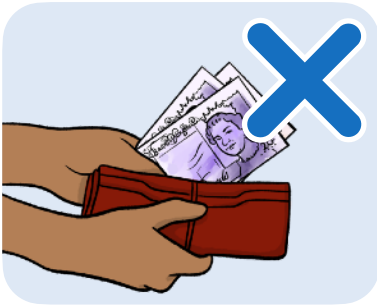
Since 2022, NHS Cheshire and Merseyside plan all health care in Cheshire and Merseyside.



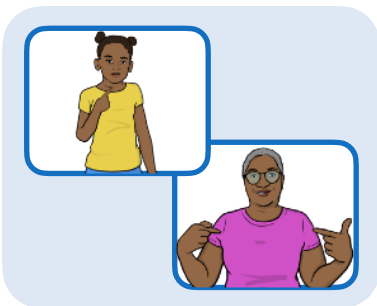
More than 13,000 people in Cheshire and Merseyside need to not eat gluten because of a health condition.



More than 2,000 people get gluten free bread or bread mixes on prescription.

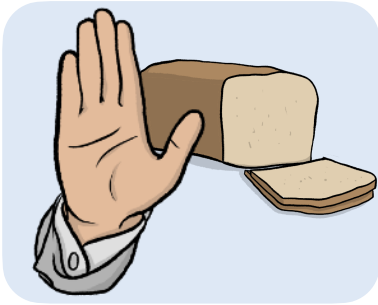


Nearly everyone who gets prescriptions for gluten free bread or mixes gets them for free.



This is because young people and people over 60 years old do not have to pay for prescriptions.

What we want to change



We want to know how you feel about us stopping giving gluten free bread and mixes on prescription.



If we do this, people will have to buy them for themselves.

This would be for:



- All parts of Cheshire and Merseyside.



- Adults and children.

Why we want to change



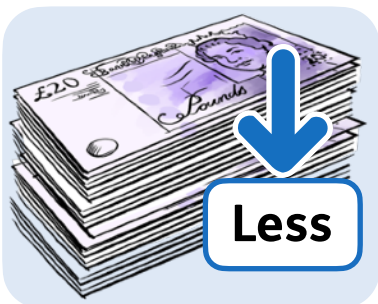
We want to be fair to everyone in Cheshire and Merseyside.



People with other health conditions do not get the food they need on prescription.



It is very expensive for the NHS to give gluten free bread on prescription.



We would spend about £525,000 less each year.



We have to think about the healthcare that everyone in the area needs.



Also, it is easier to get gluten free food in supermarkets and other shops, so people do not need to get it on prescription.



People do not need to eat bread to stay healthy.



There are lots of other gluten free foods that people can eat for a balanced diet.

What other choices did we think about



We have to make changes to be fair to everyone.



We looked at giving everyone gluten free items on prescription.



That would cost £130,000 more each year.



We do not think that is the best way to spend the money we get.



We did think about still giving prescriptions to people under 18.



But this would not be fair to older people.



And most people who get prescriptions for gluten free items are over 60.



But we want to know what you think before we decide what to do.

How we will decide



We are asking people to tell us what they think of our idea.



A different organisation will look at what everyone says and write a report.



We will look at the report and think about what we want to do.



The board of NHS Cheshire and Merseyside will decide what to do.



We will put all the information on our website.

What do you think?



Please answer these questions to tell us what you think about our plans to stop giving prescriptions for gluten free bread and mixes.



Please read the information in this booklet before you answer the questions.



Please tell us what you think before midnight on 11 March 2025.



If you want more information about what we are doing, visit our website: www.cheshireandmerseyside.nhs.uk



No one will know that you have answered our questions.

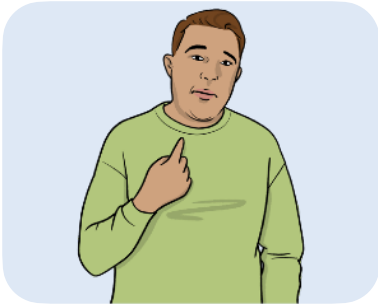


We will keep all the information you give us private.



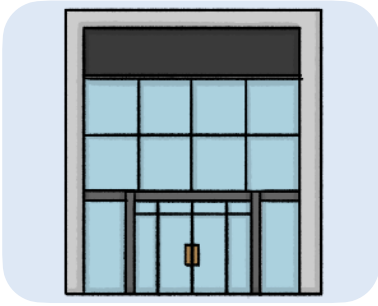
You can read about how we keep your information safe and private on our website:

www.cheshireandmerseyside.nhs.uk/about/how-we-work/privacy-notice



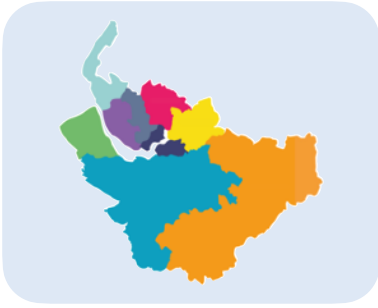
Question 1: Please tell us why you want to answer these questions:

- I have coeliac disease.
- I need a gluten free diet because of a different medical condition.
- I am a parent or carer of a child who needs a gluten free diet because of a medical condition.
- I am a carer of an adult who needs a gluten free diet because of a medical condition.
- I want to tell you what I think, but I do not need or care for someone who needs a gluten free diet.
- I am a healthcare professional and would like to tell you what I think personally.
- I am answering on behalf of a group, charity or organisation.
- Other - please tell us below.



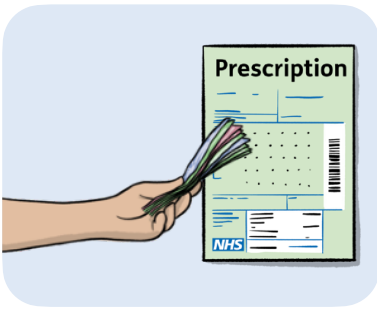
Question 2: If you are answering the questions because you work as a healthcare professional, or on behalf of an organisation, what sort of organisation do you work for?

- NHS organisation, like a trust or ICB.
- General practice (GP).
- Pharmacy.
- Council.
- An organisation in your local area - please tell us below.
- A group - please tell us below.
- Other - please tell us below.



Question 3: Where do you live? If you are answering the questions because you work as a healthcare professional or on behalf of an organisation, please tell us where you work.

- Cheshire East
- Cheshire West
- Halton
- Knowsley
- Liverpool
- Sefton
- St Helens
- Warrington
- Wirral
- Outside of Cheshire and Merseyside - please tell us where:



Question 4: If you need a gluten free diet because of a medical condition, do you:

- Pay for your prescriptions.
- Not have to pay for your prescriptions.
- I do not want to say.



Question 5: If you care for someone who needs a gluten free diet because of a medical condition, do they:

- Pay for their prescriptions.
- Not have to pay for their prescriptions.
- I do not want to say.



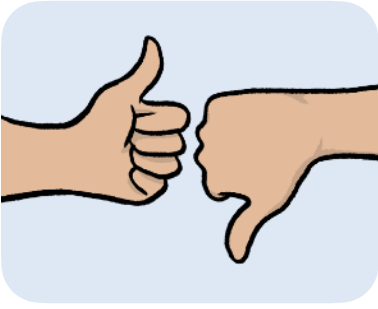
Question 6: If you need a gluten free diet because of a medical condition, do you get gluten free bread or bread mixes on NHS prescription?

- Yes.
- No.
- I do not want to say.



Question 7: If you care for someone who needs a gluten free diet because of a medical condition, do they get gluten free bread or bread mixes on NHS prescription?

- Yes.
- No.
- I do not want to say.



Question 8: How much do you agree or disagree with our idea to stop giving gluten free bread and bread mixes on prescription?

Agree a lot

Agree

Disagree

Disagree a lot

Not sure



Question 9: If you want to, please write in the box why you chose that answer to Question 8.



Question 10: If you want to tell us anything else about our idea to stop providing gluten free bread and mixes on prescription, please write it here:

A large, empty rectangular box with a blue border and rounded corners, intended for the user to provide their response to Question 10.



Question 11: How did you know that we were asking these questions? Please tick all the ways you heard about it.

- From my doctor's surgery.
- From a local pharmacy.
- On social media, e.g. Facebook.
- From an email.
- From where I work.
- From a friend or someone in my family.
- Another way - please tell us:

Questions about you



We want to make sure we hear from lots of different groups of people.



Answering these questions will help us to check who we have heard from.



You do not have to answer any of these questions if you do not want to.



You can read how we keep your information safe and private on our website:

www.cheshireandmerseyside.nhs.uk/about/how-we-work/privacy-notice/



Question 12: What is your ethnic group?

Your **ethnic group** means your race, background or the country you or your family come from.

Only tick 1 box.

- White British.
- White Irish.
- White Gypsy or Traveller.
- Other White background.
- White and Black Caribbean.
- White and Black African.
- White and Asian.
- Other mixed background - please say below.

There are more boxes on the next page.

What is your ethnic group?

Only tick 1 box.

Indian

Pakistani.

Bangladeshi.

Chinese.

Other Asian background -
please say below.

Black African.

Black Carribean.

Other Black background.

Arab.

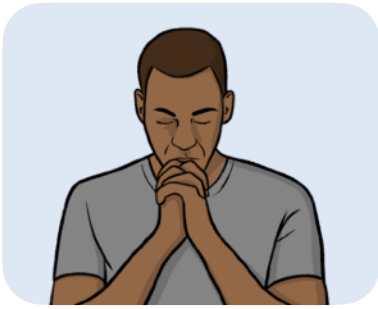
I do not want to say.

Other ethnic background -
please say:



Question 13: How old are you?

I do not want to say.



Question 14: What is your religion or belief?

Only tick 1 box.

No religion.

Christian, like Church of England, Catholic or other Christian beliefs.

Buddhist.

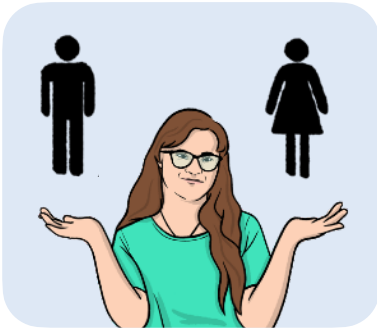
Hindu.

Muslim.

Sikh.

I do not want to say.

Other religion - please say:



Question 15: Please say how you would describe your **gender** - this is whether you are a man, a woman, or use another word to describe your gender.

Male.

Female.

Transgender man.

Transgender means people who change from the gender they were told when they were born.

Transgender woman.

Non-binary.

Non-binary is when someone does not feel that they are either male or female.

There are more boxes to tick on the next page.

Please say how you would describe your gender:

Gender non-conforming.

Gender non-conforming

means you do not follow other people's ideas about gender.

You may not dress or behave like other people think a man or woman should.

I do not want to say.

I use another word to describe my gender - please say:



Question 16: Are you...

Only tick 1 box.

Heterosexual or straight - you are attracted to people who are the opposite gender to you.

Gay - you are attracted to people who are the same gender as you.

Bisexual - you are attracted to more than 1 gender.

Asexual - you are not attracted to anyone of any gender.

Other sexuality - please say:



Question 17: How would you describe your relationship?

Only tick 1 box.

Married.

In a **civil partnership**.

A **civil partnership** is a way of making your relationship legal without being married.

Single.

Divorced.

Living with a partner without being married or in a civil partnership.

Separated.

Separated means you and your partner are not together but you are not divorced.

There are more boxes to tick on the next page.

How would you describe your relationship?

Only tick 1 box.

Widowed.

If you are **widowed**, that means your husband, wife or civil partner has died.

I do not want to say.

Other relationship - please say:



Question 18: Are you pregnant now?

Yes.

No.

I do not want to say.



Question 19: Have you been pregnant or given birth in the last 26 weeks?

- Yes.
- No.
- I do not want to say.



Question 20: Are you stopped from doing some daily activities because of a **long-term** disability or health issue?

Long-term means that the disability or health issue has lasted or will last for 12 months or more.

- Yes, a lot.
- Yes, a little bit.
- No.
- I do not want to say.



Question 21: Please tell us about any disability or health issue that stops you from doing some of your daily activities. Do you have...

Tick all the boxes that apply.

A **physical disability** - this is a disability in your body.

A **sensory disability** - this is where you have a problem with your senses, like being blind, deaf, or visually impaired.

A mental health condition.

A learning disability or learning difficulty.

A long-term illness like cancer or diabetes.

I do not want to say.

Other disability or health issue - please say:



Question 22: Are you a carer?

- Yes - I am a carer for someone aged 24 or younger.
- Yes - I am a carer for someone aged between 25 and 49.
- Yes - I am a carer for someone aged 50 or older.
- No.
- I do not want to say.



Question 23: Have you ever been in the **armed services**? This is things like the army or the navy.

- Yes.
- No.
- I do not want to say.

Find out more

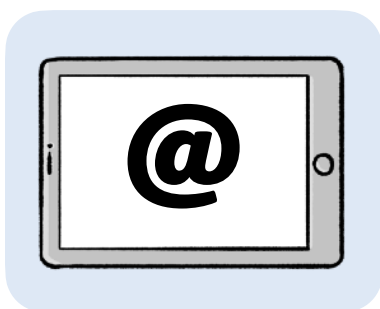


You can look at our website here:
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