



News Update

STAY WELL AND HEALTHY OVER THE EASTER HOLIDAY



If you, or someone you care for, are feeling unwell, there are a number of ways to get the right care over the holiday period:

- A range of common illnesses and injuries can be treated at home simply by combining a well-stocked medicine cabinet with plenty of rest.
- You don't need an appointment to see a pharmacist and most pharmacies have private consultation areas, so they are a good first port of call (to view pharmacy opening times over the holiday [click here](#)).
- Your doctor's surgery can advise on most health conditions. For out-of-hours the NHS 111 service is an excellent first point of call for medical advice.
- Remember to order your repeat prescription at least five days before the start of the holiday weekend.

To find health services near you visit the NHS Choices website or [click here](#)

JOIN OCCG AT THE BOARD MEETING IN BANBURY - 29 MARCH



The Board will meet on Thursday 29 March (9am to 12.45pm) at Banbury Town Hall, Bridge Street, OX16 5QB. You can submit a question before or attend the meeting in person and listen to the discussions.

The agenda and papers are available from a week before the meeting. For more information and to find out how to submit a question to the Board [click here](#)

AN UPDATE ON THE OXFORDSHIRE TRANSFORMATION PROGRAMME



A paper being presented to the OCCG Board (29 March) seeks approval for the way forward that will allow a new approach to engaging people in localities on the issues that affect them locally. If agreed, this would also mean no changes to A&E or paediatrics at the Horton General Hospital or to the number of midwife led units (MLUs) across Oxfordshire. This approach will be discussed at the Board meeting on Thursday 29 March.

To read the relevant Board paper on transformation [click here](#)

Reminders

LOCAL PHARMACIES CAN HELP TREAT MINOR ILLNESSES



People are being urged to visit their local pharmacy as the first point of call for advice on minor health concerns like sore throats, coughs, colds, tummy troubles and aches and pains.

It's part of the national 'Stay Well Pharmacy' campaign reminding people how pharmacy teams offer a fast and convenient service for minor health concerns. For further information [click here](#)

To view the opening times of local pharmacies in Oxfordshire over Easter [click here](#)

Partnership Information

FREE EVENT LIFTS THE LID ON SOCIAL PRESCRIBING



Healthwatch Oxfordshire is holding a voluntary sector forum on 27 March 2018 at the Mill Arts Centre in Banbury (10am to 1pm). This event will look at social prescribing and is aimed at local community, voluntary and self-help groups.

Social prescribing involves a GP or other health care professional referring people to non-clinical, local activities such as befriending, gardening, or arts activities.

The event is free but you will need to register your attendance by emailing: kanika.lang@healthwatchoxfordshire.co.uk or call us on 01865 520520.

LIVING WITH PANCREATIC CANCER SUPPORT DAY



This free event is aimed people living with the condition and is being held on Thursday 5 April at the Maggie's Oxford Centre, The Patricia Thompson Building, Churchill Hospital, Old Road, Oxford OX3 7LE (10am to 2pm). The session will include:

- Meet and chat with others living with pancreatic cancer
- Listen to shorts talks about living well
- Talk to a specialist pancreatic nurse

To register your attendance email: nurse@pancreaticcancer.org.uk or if you have any questions contact the free support line on 0808 801 0707.

HOW MUCH SUPPORT DO YOU NEED USING HEALTH SERVICES?



NHS England wants to know how much information people with learning disabilities want on their health records to show the support they need using health services.

This extra help could include having more time with a doctor or being given easy read information on a procedure or treatment.

NHS England is proposing to put a note on patients' health records so NHS staff like surgery receptionists know when a person with learning disabilities requires support.

To tell us the type of information you'd prefer on your health records fill in a survey which closes on 30 March [click here](#)

BBC AWARD TO MARK NHS 70TH BIRTHDAY CELEBRATIONS



BBC1's The One Show has launched an award to say 'thank you' to NHS staff and volunteers who have gone the extra mile - as part of the NHS's 70th birthday celebrations this year.

With support from TV presenter Angela Rippon and the Patients Association, the popular show is asking patients, their families and staff to nominate in five award categories.

For more information and to nominate someone by 5 April 2018 [click here](#)

Locality News

OXFORD CITY PPG FORUM GROUP TO MEET IN APRIL



Save the date: Oxford City Patient Participation Group Forum will be meeting on Wednesday 18 April 2018 (1pm) - the venue has yet to be confirmed. For more information about the event contact Nicola Perrett, Community Involvement Officer at Healthwatch Oxfordshire email: nicola.perrett@healthwatchoxfordshire.co.uk

Please contact Richard McCrann at South, Central and West
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