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NHS
Oxfordshire
Clinical Commissioning Group



News Update

'CATCH IT, BIN IT, KILL IT' - HOW TO STOP THE SPREAD OF FLU



In winter, especially during the cold weather, it's important to look after yourself. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your [pharmacist](#).

Flu is very infectious and spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. To reduce the risk of spreading flu:

- Use tissues to trap germs when you cough or sneeze
- Bin used tissues as quickly as possible
- Wash your hands often with warm water and soap.

Remember, having a flu vaccination can help protect you. You are eligible for the free flu vaccine if you are pregnant, are aged 65 years or over, have a long term health condition*, or are a carer. Children aged 2 or 3 years are also eligible. Ask your GP, pharmacist or midwife. To find out more about the flu vaccination [click here](#)

**JOIN OCCG AT ITS NEXT BOARD MEETING IN JUBILEE HOUSE,
OXFORD**



The Board will meet on Thursday 25 January (9am to 12.45pm) at Jubilee House, 5510 John Smith Drive, Oxford Business Park South, Cowley, OX4 2LH.

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](#)

Reminders

TELL A FRIEND TO REGISTER WITH THE TALKING HEALTH NEWSLETTER



You can remind friends and colleagues to receive the Talking Health newsletter by registering with OCCG's online consultation tool 'Talking Health' and selecting the newsletter option - this is available to view by [clicking here](#) or email to: richard.mccrann@nhs.net

The newsletter highlights initiatives and events taking place in our localities and among our partner organisations in the NHS, local government and in the voluntary and third sector. To view previous editions [click here](#)

Partnership Information

NATIONAL SURVEY TO FIND OUT PATIENT VIEWS ON GP SERVICES



The national 'GP Patient survey' runs from January until the end of March 2018, and more than two million randomly selected people registered with GP practices will be invited to take part.

For the first time, 16 and 17 year olds will be included and it will cover new questions about recent service changes and topics including mental health.

The findings will help NHS England to see what's working and what needs to improve. To find out more [click here](#)

100 CALORIES SNACKS A DAY TO KEEP CHILDREN HEALTHY



Parents can control children's snacking through making smarter choices by buying snacks of 100 calories or less, says Public Health England (PHE).

PHE says half of children's sugar intake, currently around seven sugar cubes a day, comes from unhealthy snacks and sugary drinks, leading to obesity and dental decay.

To find out more on healthier snacks for children [click here](#)

CERVICAL CANCER AWARENESS WEEK - 22 TO 28 JANUARY



Jo's Cervical Cancer Trust is running a campaign during the week focussing on the key message of 'reduce your risk'. This includes:

- Attending cervical screening when invited
- Knowing the symptoms of cervical cancer
- Seek medical advice if you have any symptoms
- Taking up the HPV vaccination if aged 11-18 which helps protect against cervical cancer
- Talking to friends and family to help reduce their risk
- Knowing where to find support and further information.

To find out how you can take part in the awareness week [click here](#)

GRANTS WORTH UP TO £5,000 AVAILABLE FOR HEALTH RESEARCH



Healthwatch Oxfordshire has launched its Project Fund for 2018. This enables voluntary sector and self-help groups to get funding to carry out research projects on health or social care.

Application forms and further details are available by [clicking here](#). There are two deadlines for applications: 8 February and 8 March 2018. Projects must be completed by 28 September 2018.

LAY PARTNERS WANTED TO BOOST INNOVATION IN HEALTH SERVICES



The Oxford Academic Health Science Network which is responsible for encouraging more innovation in healthcare locally wants to recruit three new lay partners for the following posts:

- Patient and Public Involvement, Engagement and Experience (PPIEE) Programme – 1 position ([click here for more info](#))
- Informatics Programme – 1 position ([click here for more info](#))
- Patient Safety Programme – 1 position ([click here for more info](#))

It is essential that applicants live within the area covered by the network - [click here to check](#) For more details and to request an application pack contact: info@oxfordahsn.org

Deadline for applications is midday on 31 January 2018. Interviews are expected to take place week commencing 19 February.

SHARE YOUR VIEWS ON WAYS TO IMPROVE LOCAL PHARMACIES



You can help improve pharmacy services in Oxfordshire by taking part in a short survey.

You'll be asked to comment if there are sufficient pharmacies across the county bearing in mind new housing that has been built, if opening hours are adequate or if there are enough services provided by pharmacies.

The survey is part of the Oxfordshire Pharmaceutical Needs Assessment which is produced every three years and requires the views of local people before a final document is published.

To take part in the consultation which closes on 5 February 2018 and for more information [click here](#)

TAKE A LOOK AT THE JANUARY EDITION OF 'INVOLVEMENT MATTERS'

The newsletter signposts you to:



- A [survey](#) on plans to reduce over the counter prescriptions for 33 minor and short term health concerns
- Details on new [research](#) into diagnostic tests and medical technologies which requires the input of local people around three themes: long term conditions, acute paediatrics and prescription of antibiotics
- A national [survey](#) on radiotherapy services.

To read the newsletter [click here](#)

VIEW BANBURY'S HEALTH AND WELLBEING PROFILE



A snapshot of the town's health is available showing the number of deaths from various types of cancer, the extent of diabetes as well as life expectancy, childhood poverty and dementia rates, and population trends.

All details have been published in Oxfordshire County Council's Joint Strategic Needs Assessment for Banbury which can be viewed by [clicking here](#)

COURSES TO HELP CARERS LOOK AFTER THEIR HEALTH AND WELLBEING



Action for Carers Oxfordshire has a range of new free courses for carers. These include aromatherapy massage, first aid at home, yoga and confidence building.

The courses will help carers learn new skills, understand themselves and their caring role, and how to adapt to change. To find the course that suits you [click here](#)

Locality News

PATIENT FORUM MEETINGS BEING HELD IN PUBLIC IN OXFORDSHIRE



We'll keep you updated on future patient participation group meetings that are being held in public allowing you the opportunity to shape and improve health care in Oxfordshire.

Please contact Richard McCrann at South, Central and West
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Communications Team if you have any questions about this e-bulletin:
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