



Talking Health

Friday 2 September 2016



News Update

TAKE PART IN OUR ANNUAL PUBLIC MEETING ON 29 SEPTEMBER



OCCG invites you to its Annual Public Meeting on Thursday 29 September (6pm to 7.30pm) at Jubilee House 5510 John Smith Drive, Oxford Business Park South, Cowley, Oxford, OX4 2LH.

The meeting will include a review of the year 2015/16 and information about our developing plans to enable us to provide high quality, affordable and sustainable care across Oxfordshire, both now and in the future.

Please RSVP to cscsu.talkinghealth@nhs.net or call 01865 334638

You are also welcome to attend the OCCG Board meeting on 29 September in Jubilee House, Oxford (2pm to 5pm). [Click here](#) for more information on both events.

TALK TO US ABOUT MATERNITY AND CHILDREN'S SERVICES



The NHS in Oxfordshire is redesigning a wide range of healthcare services, including maternity, obstetrics and paediatric services to ensure women and children receive the right care from the right professional in the right place.

We would like to have a detailed discussion with mums/dads/carers who have experienced these services in the last two years; and groups and organisations that represent people who use these services.

We are setting up three focus groups in October to look at Midwife Led Units, obstetric care for all women across Oxfordshire and countywide paediatric services.

To find out more and to register your interest in being involved, please click [here](#)

COULD YOU BE PART OF THE OXFORD CITY PPG LOCALITY FORUM?



The search is on to find a new leadership team for Oxford City's Patient Participation Group (PPG) Forum. People with an interest in health and social care are being urged to consider putting themselves forward for a unique role in the city's health service.

Skills such as leadership, chairing and partnership working are the main attributes needed by any prospective candidates and whilst there is no need for a background in the NHS, it is essential to have an interest in areas such as mental health, primary and community care and acute hospital services.

The deadline is today- send an expression of interest, along with a CV or brief summary of your career history to: Sara Price, senior communications & engagement Manager sara.price@nhs.net

SHARE YOUR IDEAS IN HENLEY ON THE FUTURE OF LOCAL HEALTHCARE



We're holding a further 'Big Conversation' roadshow in Henley-on-Thames on Tuesday 6 September to explain the need to change the way local GP and hospital services are delivered.

The event is being held in the Maurice Tate Room at Townlands Hospital in Henley-on-Thames (10am to 12noon) where you'll have the chance to share your views with local doctors and senior NHS managers on ways we could deliver better services.

At the roadshow we'll explain why local services need to develop to deliver high quality care, which is closer to people's homes and can overcome a £200m funding gap by 2020/21.

You can also visit the Pump House in Faringdon from 9 - 16 September to catch a display about the Oxfordshire Healthcare Transformation Programme. Pick up information leaflets and a survey to complete.

For more information about the Transformation Programme please [click here](#) If you can't attend the events above you can submit your views via an online survey - see below on how to do this via the Talking Health website - your views will make a difference!

TELL US YOUR THOUGHTS ON HEALTH SERVICES VIA TALKING HEALTH



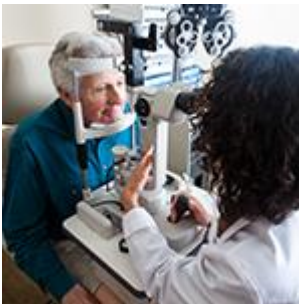
If you are unable to join us in Henley-on-Thames in September (see story above) you can still share your thoughts with us on how NHS services in Oxfordshire can deliver high quality care now and in the future via Talking Health - OCCG's consultation website.

To fill in an online survey on Talking Health [click here](#)

Alternatively, if you require hard copies of the survey please email your contact details including your address to: cscsu.talkinghealth@nhs.net or write to the Communications and Engagement Team, Oxfordshire CCG, Freepost RRRKBZBTASXU, Jubilee House, 5510 John Smith Drive, Oxford OX4 2LH.

Pictured is a member of the public taking part in Bicester's 'Big Conversation' roadshow on 28 July. To view more photographs from all the roadshows [click here](#)

VISIT OUR NEW HEALTHCARE TRANSFORMATION WEBSITE



Please check out a new website which carries the latest information and updates about Oxfordshire's healthcare transformation programme.

The website includes opportunities to get involved and have your say in shaping the way high quality services are delivered in Oxfordshire in the years to come. It includes information on the partners involved in the programme and a summary of the first six 'Big Conversation' roadshows in July and August.

To view the website [click here](#)

CONSULTATION LAUNCHED ON OXFORDSHIRE'S CARERS' STRATEGY



Oxfordshire County Council and OCCG are undertaking a joint consultation on the Oxfordshire Carers' Strategy 2017-2020 and future options for carers' personal budgets.

As part of the consultation we are holding three events to consult with carers on the following dates:

- 13 September 2016 at Didcot Civic Hall (10.30am to 1pm)
- 15 September 2016 at Banbury Town Hall (10.30am to 1pm)
- 29 September 2016 at Oxford Town Hall (10.30am to 1pm)

If you'd like to attend an event or for more information about them email: carerssupportreview@oxfordshire.gov.uk

To read more about the strategy and to take part in the consultation [click here](#) You can also contact Angela Strange, Commissioning Manager at OCCG for more information email: angela.strange@oxfordshireccg.nhs.uk The consultation closes on 14 November 2016.

Reminders

BOOK A GP APPOINTMENT VIA OUR NEW SMART PHONE APP



OCCG has launched a new phone app to help you find local health services quickly. You can also book a GP appointment via the app.

'Health and Care Oxfordshire' provides advice on when it might be best to visit a pharmacist or a GP and when to call NHS 111, and when self-management at home might be more appropriate. It highlights the type of injuries or illnesses most appropriate to be seen at minor injuries units or first aid units in Oxfordshire.

To download the app for iPhones [click here](#) and for Androids [click here](#)

'OPEN UP' AND HELP REDUCE MEDICINES WASTE IN OXFORDSHIRE

Do you take all the medicines you are prescribed?



OCCG is supporting the 'Open Up' campaign to help drive down medicines waste and to ensure people use medicines safely.

The campaign encourages patients to talk to their healthcare professional if they have medicines that are prescribed to them that are not used, or patients have stopped taking a medication as it does not suit them.

For more information on the campaign which runs until December 2016 [click here](#)

HAVE YOUR SAY ON THAMES VALLEY 111 'THE NEW FRONT DOOR TO URGENT CARE'



We want you to get involved and have your say on how the improved Thames Valley 111 service will look as the re-procurement of the service gets underway.

A stakeholder event will take place on Tuesday 13 September at Wokefield Park, Reading, with the preferred provider where they will present and work through their vision of how the service will look and operate, taking feedback and input from attendees.

For further information and to register your interest in attending this stakeholder event, visit the Thames Valley 111 consultation page on OCCG's Talking Health consultation website [click here](#).

DOWNLOAD THE 'SAVE A LIFE' APP FROM THE AMBULANCE SERVICE



Save a Life is an amazing free Android and Apple app from South Central Ambulance Service that uses GPS functionality to show where your nearest defibrillator is.

It also features videos, cardiopulmonary resuscitation instructions and a section that will answer many of your cardiac arrest and heart attack questions. Go to www.scas.nhs.uk/savealife and find your nearest defibrillator before it's too late.

RALLY ROUND TO SUPPORT CARERS IN OXFORDSHIRE



A new online service is bringing together Oxfordshire carers to help their loved ones stay safe and well at home.

Rally Round is a free digital network which enables family members, friends and carers to create and organise support for themselves and the person they care for.

Rally Round, which is backed by OCCG and Carers Oxfordshire, was designed to help frail older people and their family carers, but can be used to help anyone who needs more practical support. For more information [click here](#)

Partnership Information

CAMPAIGN RAISING AWARENESS OF LUNG CANCER SYMPTOMS



A national 'Be Clear on Cancer' campaign to raise awareness of symptoms of lung cancer, lung disease and heart disease is underway.

The campaign run by Public Health England will show that a persistent cough, or getting out of breath doing everyday things such as vacuuming or walking up a short flight of stairs, could be a sign of lung cancer or other lung disease. Breathlessness can also be a sign of heart disease.

To find out more [click here](#) and to see a list of national campaign roadshows [click here](#)

'CARING MATTERS' CONFERENCE: 25 NOVEMBER, OXFORD



You might like to take part in the National Rights Day 'Caring Matters' Conference 2016 being held on Friday 25 November at the Kassam Stadium, Oxford (9.30am to 4.30pm). It is aimed at both carers and professionals and includes guest speakers, seminars and over 20 information stands.

For more information and to reserve your place [click here](#)

CARERS ENCOURAGED TO 'TAKE TIME OUT'



'Take Time Out' is a voluntary support service for carers provided by Carers Oxfordshire's partner organisation, Guideposts, offering short respite breaks through a range of options in the home and out in the community.

For more information please see an information leaflet [click here](#) or email breynolds@guideposts.org.uk or telephone Ben Reynolds on 01993 899980.

COMMUNITY HEALTH AND WELLBEING EVENT IN WANTAGE

You are welcome to take part in this event being held at Wantage Health Centre, Mably Way, OX12 9BN on Saturday 17 September (10.30am to 2.30pm). It is being organised by the patient participation groups (PPGs) of Newbury Street and Church Street GP practices. More details on the event will be made available via a joint newsletter to be issued by the PPGs.

FREE TALK IN OXFORD - DEVELOPMENTS IN MENTAL HEALTHCARE

You are invited to Nuffield Orthopaedic Centre, Oxford, to hear about the latest developments in mental healthcare. This free public talk takes place on Thursday 13 October 2016 from 6.30pm to 7.30pm.

Elizabeth Tunbridge, Associate Professor, Department of Psychiatry at the University of Oxford, will describe the potential of genetic studies to enhance our understanding of mental health conditions. And Daniel Freeman, NIHR Research Professor, University of Oxford and Consultant Clinical Psychologist, Oxford Health NHS Foundation Trust, will describe the latest Oxford research studies on the causes of paranoia and how these have led to improved treatment.

Book tickets [online](#) or call 01865 743341. For more information click [here](#).

SEEKING LAY MEMBERS FOR THAMES VALLEY GROUPS

Thames Valley and Milton Keynes Patient Experience Operational Group and Best Care Programme Oversight Group are looking for Lay Partners .

Thames Valley Patient Experience Oversight Group - the Lay Partner role is an existing role, which has been developed since the formation of the Thames Valley and Milton Keynes Strategy *No decision about me, without me*. We hope this role will also take on liaison responsibilities between the Patient Experience Operational Group and the Best Care Programme.

Oxford AHSN Best Care Programme Oversight Group - the Lay Partner role for the Best Care Programme is a newly created role which offers the exciting opportunity to influence the delivery of improvements in the health and wealth of the Thames Valley population.

Applicants must live within Thames Valley (Berkshire, Buckinghamshire, Oxfordshire) or Milton Keynes.

For more information and an application form please click [here](#) Please note this is a large document (1MB).

Locality News

LOCALITY PPG FORUM 'PUBLIC' MEETINGS IN OXFORDSHIRE



- You are invited to the North East Locality's PPG Forum 'health fayre' in Bicester on Friday 14 October 2016 at the John Paul II Centre, Henley House, The Causeway, OX26 6AW. The event will promote health and well being initiatives. Further details including the time of the event will be made available nearer the day.

Please contact Richard McCrann at South, Central and West Commissioning Support Unit Communications Team if you have any questions about this e-bulletin: richard.mccrann@nhs.net