



Talking Health

Friday 28 October 2016



News Update

GET YOUR FREE FLU JAB TO HELP PROTECT YOU OVER WINTER



If you are 'at risk' from the complications of flu you are advised to have a free vaccination to help protect you this winter.

Those in the risk groups include people aged 65 and over, patients with underlying health conditions (such as long term heart or respiratory disease), pregnant women and those with weakened immune systems.

Children aged two, three and four years can have a free nasal spray vaccination from a GP. School-aged children aged five, six and seven years will be invited by school health nursing teams to receive the nasal spray vaccination in schools.

There is flu-based version of the 'snakes and ladders' game to educate parents and children on the nasal spray vaccine. To take part [click here](#)

You can watch a video of Dr Joe McManners, the Clinical Chair at OCCG (pictured having his flu jab) describe who is eligible for a free NHS flu vaccination [click here](#)

CONSULTATION ON TRANSFORMATION PLANS TO START IN NEW YEAR



The Oxfordshire Healthcare Transformation Programme has issued a briefing about public consultation on the future of the county's health services.

Oxfordshire's Transformation Board announced that the three month consultation on changes to the ways health services are delivered will begin in January 2017.

The Board wants to ensure proposals for change are rigorously tested before options are finalised for patients and the public to have their say. The Board has stressed that no decisions will be made until the full consultation is completed. The full briefing is available to view [click here](#)

Public engagement, through the ongoing Big Health and Care Conversation, will continue until the end of December to help inform and shape the final proposals. You can still share your thoughts on our Healthcare Transformation Programme via 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.

You can also visit the transformation website which carries the latest information and updates on the programme. To view the website [click here](#)

WHAT YOU SAID ABOUT THE FUTURE OF HEALTH SERVICES



You can view a full report on feedback and key themes we've collated following the public engagement activities carried out since July, as part of Oxfordshire's Healthcare Transformation Programme.

This has included a number of 'Big Conversation' roadshows, displays and the ongoing postal and online consultation together with stakeholder workshops and focus groups. To read the report [click here](#)

Reminders

OXFORDSHIRE'S MINOR EYE CONDITIONS SERVICE CAN HELP YOU



We now have a new minor eye conditions service which has been developed with the support of the ophthalmology patient advisory group in Oxfordshire.

You can now visit your participating local optician to be assessed and treated free for a variety of minor eye conditions such as red eye or eyelids, flashes or floaters, in-growing eyelashes and more conditions.

The service does not provide eye tests and some conditions are better suited to

immediate referral to eye casualty - please ask your optometrist, pharmacist or GP if unsure. For more information on the service [click here](#)

SHARE YOUR VIEWS 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.

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.

FIND HEALTH SERVICES NEAR YOU VIA OUR 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-care at home might be more appropriate. It highlights the type of injuries or illnesses seen at minor injuries units and 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



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](#)

Partnership Information

IT'S WORLD DIABETES DAY IN OXFORD - FRIDAY 18 NOVEMBER



Help mark the occasion at the Oxford Centre for Diabetes, Endocrinology and Metabolism based in the Churchill Hospital, Oxford (18 November, 2pm to 6pm). You can meet doctors, nurses and scientists involved in new trials for treatments and take a tour of the laboratories to view the latest research going on. For more information [click here](#)

'CARING MATTERS' CONFERENCE - 25 NOVEMBER, OXFORD



The National Rights Day 'Caring Matters' Conference 2016 is 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](#)

JOIN THE 'GET PHYSICAL' ROADSHOWS IN NOVEMBER



Three roadshows are being held in November to help senior managers in the private and public sector to share ideas on promoting health and wellbeing at work. The roadshows take place in High Wycombe, Newbury and Oxford as part of the 'Get Physical' initiative run by the Oxford Academic Health Science Network. For more information [click here](#)

NOMINATIONS OPEN FOR THE 2016 OXFORDSHIRE SPORTS AWARDS



You can nominate your favourite sports person or team in this year's awards which have more categories than before. The closing date for nominations is midday Friday 11 November and the awards ceremony will be held at the Kassam Stadium, Oxford in January 2017. The awards are being hosted by Oxfordshire Sport & Physical Activity. For more information and a nomination form [click here](#)

LEARN MASSAGE AND AROMATHERAPY SKILLS THIS WINTER



Carers Oxfordshire is running wellbeing taster courses for carers to learn new skills to help family, friends and loved ones. Sessions are being organised in massage, aromatherapy, and hand reflexology and will run at venues across the county over the next four months. For more information [click here](#)

HELP AGE UK DEVELOP HEALTH SERVICES FOR OLDER PEOPLE

Age UK is looking for Patient and Public Voice volunteers to join the Sounding Board pilot project they are running in partnership with NHS England. This is an opportunity for people to contribute to the development of NHS England's national health policy, health services and commissioning for older people. For more information and an application form [click here](#) Deadline Tuesday 8 November 2016.

READ THE LATEST PATIENT VOICE SOUTH NEWSLETTER

The October bulletin brings you ideas and resources for excellent patient and public engagement and examples of how this is being used to improve patient experience. Inside there is a special focus on the patient voice in primary care. To view the newsletter [click here](#)

SEMINARS TO HELP RESEARCHERS WITH PATIENT INVOLVEMENT

There are two seminars being run for health researchers to get more patients involved in their work. They will be held on 10 and 24 November (10.30am to 11.30am) at St Luke's Chapel, Radcliffe Observatory Quarter, Woodstock Road, Oxford, OX2 6GG. For more information [click here](#) or email: lynne.maddocks@phc.ox.ac.uk

Locality News

LOCALITY PPG FORUM 'PUBLIC' MEETINGS IN OXFORDSHIRE



There will be further public meetings taking place in the localities over the next few months. We'll provide you with more details of these meetings via this newsletter once they have been finalised.

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