



Talking Health

Friday 30 September 2016



News Update

'AT RISK' PEOPLE ADVISED TO VISIT THEIR GP FOR A FLU VACCINATION



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. For more information [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.

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. There is a further 'Big Conversation' roadshow being held in Abingdon on 19 October - see story below. 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](#)

JOIN US IN ABINGDON TO SHARE YOUR VIEWS ON HEALTHCARE CHANGES



Join us at another 'Big Conversation' roadshow in Abingdon on Wednesday 19 October (9am to 4pm) at the Abingdon Community Free Space shop, Bury Street, Abingdon OX14 3QY.

You can meet local NHS clinicians and staff on the day between 10am and 2pm to share your ideas on how health services can deliver high quality care now and in the future. Outside of these times you can still pop in and pick up information on our plans.

If you can't join us in Abingdon 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 seven 'Big Conversation' roadshows, three displays and the ongoing postal and online consultation. To read the report [click here](#)

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](#)

Reminders

TOWNLANDS STAKEHOLDER REFERENCE GROUP TO MEET IN PUBLIC



The next meeting of the Townlands Stakeholder Reference Group takes place in public on Tuesday 4 October 2016 at The Kings Arm Barn, Kings Road, Henley-on-Thames (10am to 12noon). For further information and to view the agenda [click here](#)

OCCG SHORTLISTED FOR A PRESTIGIOUS NATIONAL AWARD



Congratulations to OCCG who have been shortlisted for a Health Service Journal (HSJ) award for commissioning a new and innovative adult mental health service in Oxfordshire.

The OCCG submitted an entry in the 'Innovation in Mental Health' category explaining how these services are being delivered through outcomes based contracting.

The winners of this category will be announced at an HSJ awards ceremony in London in November this year. For more information on this new mental health 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.

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-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](#)

QUIT SMOKING BY JOINING THE STOPTOBER CAMPAIGN



If you want to quit smoking the Stoptober campaign is an ideal way to kick the habit. Public Health England says if you stop smoking for 28 days you're five times more likely to quit for good.

This year's campaign starts on 1 October and runs throughout the month. Visit the campaign website to find ways to help you stop smoking including using an app and getting daily email support. To view the website [click here](#)

BEST IDEAS FROM INNOVATORS WIN SUPPORT FROM EXPERTS



Dozens of healthcare innovators pitched their ideas to a 'Dragon's Den'-style panel at Oxford's new digital health hub - The Hill - on 22 September.

In total 38 people outlined their proposals to harness digital innovation for better healthcare in front of the six judges at the event held in the John Radcliffe Hospital, Oxford.

The best six will now be tested further to see if they can bring real benefits to the NHS. To find out which ideas made it through [click here](#)

GO ACTIVE AND GET HEALTHY IN OXFORDSHIRE



GO Active, Get Healthy is a fantastic opportunity to receive dedicated 1-2-1 support and motivation, to help encourage you to gradually increase your physical activity levels.

The programme is free to join and is available to anyone aged 16 and over in Oxfordshire who is currently not doing any exercise. Participants will receive up to three motivational support sessions, and up to £100 of activity vouchers to be used at their local leisure centre for continued support over 12 months.

For more information or to sign up please visit the GO Active website [click here](#)

TRAVEL ON THE COMET, A NEW LOCAL TRANSPORT SERVICE



The Oxfordshire Comet is a new, bookable transport service for local residents who don't have access to suitable public transport. The service can take you from your door to any destination in the galaxy of Oxfordshire and is also open to wheelchair users and those with mobility issues.

For more information and to book a journey [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 starting in October for five months. For more information [click here](#)

WORKSHOP ON LEARNING DISABILITIES AND AUTISM - 7 OCTOBER

OCCG invites you to a workshop to help improve services for people with autism and learning difficulties in Oxfordshire. The event takes place on Friday 7 October (10am to 2.30pm) at Didcot Civic Hall, Britwell Road, OX11 7JN.

It's part of the Transforming Care Plan being run by local government, the NHS and community groups. For more information and to reserve a place call Autism Oxford 01844 353292 or [click here](#)

Locality News

HAVE YOUR SAY ON THE NHS AT CHIPPING NORTON EVENT - 3 OCTOBER



People in West Oxfordshire can share their views of health and social care services in the county, at an event in Chipping Norton on Monday 3 October.

Volunteers from North Oxfordshire Public and Patient Forum will be at the Chipping Norton Health Centre off London Road from 8.30am to 11.30am. They'll meet patients and members of the local community who wish to drop in and tell us their thoughts on services. For more information [click here](#)

JOIN US AT BICESTER'S HEALTH AND SOCIAL CARE FAIR - 14 OCTOBER



You are invited to the North East Locality's PPG Forum 'Health and Social Care Information Fair' in Bicester on Friday 14 October 2016 (10am to 2pm) at the John Paul II Centre, Henley House, The Causeway, OX26 6AW.

The event will allow you to share your views and experience of local health and social care services. The exhibitors will include the NHS, voluntary groups and charities. For more information [click here](#) or email: julie-anne.howe@oxfordshireccg.nhs.uk

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