



# Talking Health

Friday 23 December 2016



## News Update

### AN UPDATE ON CONSULTATION DATES FOR TRANSFORMATION



You will recall that we have been planning to go to public consultation in January 2017 on our service transformation proposals. We have been listening to the views of the public during our various engagement activities and developing proposals which are now being reviewed by NHS England.

Subject to approval by NHS England, we will commence public consultation in January 2017 on changing the way some services work including critical care, stroke services and maternity services in the north of the county.

It has been decided that more work is necessary to develop the options around the future of community hospitals, emergency care services and children's services, and ensure we have more engagement of clinicians and other stakeholders. Public consultation on how these services are delivered will start later in the year. For more information [click here](#)

READ THE DRAFT SUSTAINABILITY AND TRANSFORMATION PLAN



Proposals are being developed to improve health and care in Buckinghamshire, Oxfordshire and Berkshire West to help our communities be the healthiest they can be, while making sure that services are affordable for years to come.

The Buckinghamshire, Oxfordshire and Berkshire West Sustainability and Transformation Plan (STP) will set out the challenges and opportunities facing NHS and care services across the area. To view the draft plan [click here](#) and a summary [click here](#)

To read a letter from David Smith, the local STP Lead, which was issued to local stakeholders on the draft STP plan, [click here](#)

## BUS CAMPAIGN TO ENSURE MORE YOUNG CHILDREN GET THE FLU JAB



There's still time to protect young children from flu this winter.

That's the message being taken on the road over the next few weeks in the form of advertisements on the back of some Oxfordshire buses.

The campaign is aimed at parents to ensure their children aged two, three or four get a free flu vaccination in the form of a simple, painless nasal spray from their GP practice. For more information [click here](#)

## Reminders

### LOCAL PHARMACIES CAN HELP KEEP YOU WELL THIS WINTER



If you start to feel unwell this winter remember your high street pharmacy can help.

Carol Trower, CEO, Local Pharmaceutical Committee: said: 'During winter most coughs, colds and sneezes are viral and can be dealt with by pharmacists.

'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. Your pharmacist will say if you need further medical attention.'

If your GP surgery or pharmacy is closed, call NHS 111 and speak to an adviser who will direct you to a local service that is open. To find out the opening hours of pharmacies in Oxfordshire over the Christmas and New Year holidays [click here](#)

To watch a short film which explains how pharmacists can help you over the holiday period [click here](#)

## FIND LOCAL HEALTH SERVICES USING THE SMART PHONE APP



OCCG's phone app can help you find local health services quickly.

'Health and Care Oxfordshire' provides advice on when it might be best to visit a pharmacist or a GP, 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](#)

## CHILD AND ADOLESCENTS' MENTAL HEALTH (CAMHS) PLAN UPDATED



The CAMHS transformation plan has been refreshed to show both the progress the service has made over the past year and its ambitions for the future.

We want to ensure the most vulnerable children have speedy access to mental health services in Oxfordshire. To read the refreshed plan [click here](#)

## Partnership Information

### HELP FIGHT BREAST CANCER BY MAKING JANUARY A DRY MONTH



The charity, Breast Cancer Now, is teaming up with Alcohol Concern to get people to join Dry January in 2017. In the UK experts estimate 6 out of 100 breast cancers in women are linked to drinking too much alcohol.

So, challenge yourself to go 31 days without a drop of alcohol. It's the perfect way to kick-start a healthier New Year! What's more you'll receive motivational tips and support throughout the month, to help you succeed. For further details [click here](#)

## SHARE YOUR VIEWS ON GP SERVICES IN OXFORDSHIRE



Healthwatch Oxfordshire is carrying out a survey on people's experiences of using GP services in the county. As part of this work they'll be visiting six surgeries to talk to patients and ask them to complete an anonymous questionnaire.

You can take part in the survey which will help inform OCCG on future planning of primary care. To fill in the survey, which closes on Monday 16 January 2017, [click here](#)

## CAN YOU SPARE THE TIME TO BECOME A VOLUNTEER IN OXFORDSHIRE?



If you'd like to join the thousands of local volunteers who help people in a variety of jobs then watch a short film which explains how you can play a role - to view the video [click here](#)

There is more information on volunteering on the Oxford City Council website [click here](#)

## HAVE YOUR SAY ON THE SALE OF SUGARY DRINKS IN HOSPITALS



NHS England's Chief Executive Simon Stevens is calling on patients and the public to have their say in a ten week consultation on plans to cut the sales of sugary drinks sold in hospitals.

The formal consultation gives details of a proposed new fee to be paid by vendors and seeks views on an outright ban, as well as alternative measures to reduce sales of sugary drinks. To take part in the consultation, which closes on Wednesday 18 January 2017, [click here](#)

## PARENTS URGED TO SPOT THE DEADLY SIGNS OF SEPSIS

A nationwide campaign to help parents spot the symptoms of sepsis to protect young children and save lives was launched by the government on 15 December. The UK Sepsis Trust estimates that there are more than 120,000 cases of sepsis resulting in around 37,000 deaths among adults and children each year in England. For further information on the campaign [click here](#)

## REGISTER FOR A NEW PUBLIC INVOLVEMENT EBULLETIN

A new ebuletin is being launched in January 2017 called *Involvement Matters*. It will cover stories and news articles in the Thames Valley and Milton Keynes on involvement of patients, carers and the public in healthcare, health research, health commissioning and health education. The newsletter will be published regularly so if want to join the mailing list or you have a story you'd like published for the first edition send it by 11 January to the editor at: [ppi@phc.ox.ac.uk](mailto:ppi@phc.ox.ac.uk)

## SHARE YOUR VIEWS ON HOW THE NHS ENGAGES WITH PATIENTS

NHS England is updating its guidance for clinical commissioning groups on how they should involve the public in buying health services. This is to ensure patients are more involved in their own care. You can view the existing guidance [click here](#), and comment on it and say what you'd like in an updated version by emailing [england.nhs.participation@nhs.net](mailto:england.nhs.participation@nhs.net). The closing date is Friday 13 January 2017.

## 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](mailto:richard.mccrann@nhs.net)