



Oxford
Clinical Commissioning



Friday 25 August 2017



News Update

PHARMACY OPENING HOURS OVER THE AUGUST BANK HOLIDAY



You might need the help of a pharmacist over the holiday weekend for advice on how best to treat ailments like an upset stomach, a cough or a headache. For information on opening hours of local pharmacies in Oxfordshire, Buckinghamshire and Berkshire this weekend please [click here](#)

To help you choose the best service if you feel unwell you can also download the OCCG's Signposting leaflet [click here](#) or download its smart phone app which lists local services and where to find them [click here](#)

WALK 10 MINUTES A DAY AND IMPROVE YOUR HEALTH



The 'One You' physical activity campaign is encouraging adults to build 10 minutes continuous brisk walking into their day as a simple way to improve their health. This is particularly aimed at people who have an inactive or low activity lifestyle and may find incorporating activity into their day challenging.

The 'Active 10' app has been developed to show how much brisk walking a person is doing each day and how to incorporate more of it into their lifestyles. For more information on the campaign and how to download the app [click here](#)

Reminders

BOOK TO SEE A DOCTOR AT WEEKENDS OR IN THE EVENING



You can book an appointment via your surgery to see a doctor on Saturdays and Sundays and in the evenings in Oxfordshire. OCCG has commissioned a scheme to allow more patients to see a GP or a practice nurse during these times to further improve healthcare in Oxfordshire.

For more information on the scheme [click here](#)

Partnership Information

CONSULTATION ON CHANGES TO PRESCRIBING SOME DRUGS



Share your views on proposals on reducing the amount of drugs that are available on prescription. The NHS wants your thoughts on recommendations that would no longer routinely prescribe some medicines which are either clinically ineffective, unsafe, or not cost effective, or where the NHS can offer a clinically-proven alternative for patients. To take part in the survey [click here](#) The consultation closes on 21 October 2017.

ORGAN DONATION WEEK 4 -10 SEPTEMBER

*Let's talk
about it*

The NHS will be encouraging people to talk about organ donation with their families during the week. This is to ensure people who want to donate an organ have the support of loved ones. For more information and to download campaign material to promote the week [click here](#)

LOCAL AMBULANCE SERVICE'S AGM - THURSDAY 28 SEPTEMBER

You can join the South Central Ambulance Service NHS Foundation Trust for its Board meeting in public (12.45pm-3.45pm) followed by the annual general meeting (4pm-5.30pm) both being held on the same day.



The meetings are taking place in Unipart House, Garsington Road, Cowley OX4 2PG. If you wish to submit a question to the Board or to confirm your attendance at the AGM [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 that you can take part in to help shape and improve health care.

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