



News Update

STAY HEALTHY THIS WINTER WITH A FREE NHS FLU VACCINATION



You can now book to have a flu jab from your GP if you are at risk from the illness or its complications.

People eligible for a free vaccination include pregnant women, those aged 65 years or over, people who have a long term health condition, or are a carer. Children aged 2 and 3 years are eligible for a free nasal spray vaccine.

The flu vaccination is part of the NHS Stay Well This Winter campaign which offers advice and support to help vulnerable people avoid falling seriously ill, so keeping them out of hospital.

For more information on the flu vaccination and how to stay well over the winter months [click here](#) You can also download the OCCG phone app to find health services quickly (see below).

Reminders

HAVE YOU DOWNLOADED THE HEALTH AND CARE PHONE APP?



OCCG's phone app can help you stay well and healthy over winter.

'Health and Care Oxfordshire' provides advice on when it might be best to visit a pharmacist or a GP, when to call NHS 111, or if 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. You can locate your nearest health service via interactive maps.

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

SHARE YOUR VIEWS ON PRESCRIPTION DRUGS AVAILABLE ON THE NHS



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 and to see how the proposals affect prescribing certain medicines in Oxfordshire [click here](#) The consultation closes on 21 October 2017.

Partnership Information

JOIN A STRENGTH AND BALANCE CLASS NEAR YOU TO AVOID FALLS



Age UK Oxfordshire is running more of these classes across the county to help reduce the risk of people aged over 65 falling over.

The charity says falls may result in dependence, immobilisation and depression, which could lead to further restrictions in daily activities for a person.

To find out where you can join a strength and balance class near you, and for information on how to take part, please view the Age UK Oxfordshire's 'Generation Games' website [click here](#)

You can also watch a short video on falls prevention exercises which has been created by the Chartered Society of Physiotherapists [click here](#) and to watch the same video with subtitles [click here](#)

TELL A HOSPITAL TRUST HOW IT CAN IMPROVE PATIENT INFORMATION



Oxford University Hospitals NHS Foundation Trust wants to know how well patients can find out about their services using information such as Braille or easy read.

The Trust is running a survey to improve support for patients with additional needs, so they have equal access to services and more appropriate information about care and treatment.

The Trust runs the John Radcliffe (pictured), Nuffield Orthopaedic and Churchill hospitals all in Oxford as well as the Horton General in Banbury. To complete the short survey, which closes on 15 November 2017, [click here](#)

POST OF CHAIR FOR CRUSE BEREAVEMENT CARE IN OXFORDSHIRE



Oxfordshire Cruse seeks a suitable person to be chair of the Area Committee in Oxfordshire. The organisation offers support and advice for people coming to terms with the death of others. The role of chair is voluntary and all expenses will be paid.

For more information on the role contact Sarah Westcott by email to: areachair@oxfordcruse.co.uk or visit the website [click here](#) The deadline for expressions of interest has been extended to 31 October 2017.

Locality News

SHARE YOUR VIEWS ON DEVELOPING PRIMARY CARE IN NORTH OXFORDSHIRE



The North Oxfordshire Patient and Public Forum will be holding a public meeting on Tuesday 14 November 2017 at Chipping Norton Town Hall (7.30pm to 9pm). The meeting will discuss new ways to deliver primary care in north Oxfordshire.

For more information on the meeting and to confirm your attendance [click here](#)

Please contact Richard McCrann at South, Central and West
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