



## News Update

### HAVE YOUR SAY ON GP SERVICES IN WEST OXFORDSHIRE



Join us at two public events in Witney and Carterton in November to discuss how GP and primary care services in the locality could be organised.

OCCG wants to know what works well at your GP practice and how services could work better in the face of increased demand, recruitment difficulties and budget pressures. The meetings are being held at:

- **The Corn Exchange, Market Square, Witney OX2 6AB on Wednesday 1 November 2017 from 6.30pm to 8pm**
- **Carterton Town Hall , 19 Alvescot Road, Carterton OX18 3JL on Wednesday 8 November 2017 from 6.30pm to 8pm.**

To reserve your place and get more information please email [cscsu.talkinghealth@nhs.net](mailto:cscsu.talkinghealth@nhs.net) or call 01865 334638.

You can also have your say [online via Talking Health](#) (you might need to register on Talking Health to take part)

## STAY HEALTHY THIS WINTER WITH A FREE NHS FLU VACCINATION



The annual fight against flu is underway and across Oxfordshire people are being invited to get their vaccination against the virus from their GP.

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.

Dr Edward Capo-Bianco, Locality Clinical Director at OCCG, said: "If you are in any of the 'at-risk' groups, my advice is to visit your GP or practice nurse and get the free NHS flu vaccination as soon as possible. It is quick and easy to have and is the best form of protection for you and others."

For more information on the flu vaccination and to watch videos explaining the importance of the flu jab, and how to stay well this winter [click here](#)

## NEW CLINICAL CHAIR AT OCCG TO TAKE OVER IN DECEMBER 2017



OCCG is pleased to announce the appointment of Dr Kiren Collison (pictured) to the post, following an election involving all 70 of the county's GP practices.

With a 97 per cent turnout for the election, Kiren has been given a strong mandate to represent GPs at the helm of OCCG. Kiren will take on her new responsibilities in December from Dr Joe McManners, who has been in the role for nearly four years.

For more information on Kiren's appointment [click here](#)

## HEALTHWATCH OXFORDSHIRE SUPPORTING LOCALITY PPG FORUMS



Healthwatch Oxfordshire has now taken over from OCCG's Communications and Engagement team to provide event and administrative support for all the Locality Patient Participation Group (PPG) Forums in Oxfordshire.

PPG members will start to receive communications from the organisation, whose representative Veronica Barry will also be attending Forum meetings to take minutes.

We hope that you will extend a warm welcome to Veronica and that all PPG members will continue to enjoy and attend Forum meetings to share their views and ideas on local health services.

OCCG's locality co-ordinators will continue to attend these meetings to ensure that there is active involvement of PPGs in our decision-making processes.

## Reminders

### DOWNLOAD THE HEALTH APP AND FIND LOCAL SERVICES QUICKLY



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.

You still have time to take part in the survey, and also see how the proposals affect prescribing certain medicines in Oxfordshire [click here](#) The consultation closes on Saturday 21 October 2017.

## Partnership Information

### HEALTH CHAMPIONS WANTED TO SUPPORT GP SERVICES IN OXFORD



A local GP Federation - OxFed - has been working with member practices to develop a new volunteering programme called 'Health Champions for Oxford'. These volunteers can get involved in one of three ways by:

- Enabling more patients to use online services to access care more quickly
- Helping GP practices test new ways to gather better feedback to guide their services
- Supporting people as a 'buddy' to take action to improve their own

health

For more information on the roles and to find out how to become a health champion [click here](#)

## HELP WOMEN WITH LEARNING DISABILITIES UNDERSTAND BREAST SCREENING



Breast cancer is the most common cancer in the UK and women with a learning disability eligible for breast cancer screening are the least likely to attend, even though it can save their life.

There are lots of reasons why this may be the case – fear, embarrassment or not knowing enough about the screening process. Whatever the reason, the NHS wants to change this and needs your help.

Help the person you care for understand why breast screening is so important, what it will be like on the day and how it will help them stay well. Share or read through an [easy guide to breast screening](#) with them or look at breast cancer and breast [screening information](#).

For more information on this issue and to show your support [click here](#)

## OCVA OPEN AFTERNOON AND ANNUAL GENERAL MEETING - 1 NOVEMBER



Oxfordshire Community and Voluntary Action (OCVA) is holding both events on Wednesday 1 November at the Old Court House, Floyds Row, Oxford, OX1 1SS.

The Open Afternoon will be in two parts: 3pm to 4pm for the public who want more information on the organisation, and 4pm to 5pm for OCVA members. These will be followed by the Annual General Meeting from 5pm to 6pm.

This is a great opportunity to come and meet the team and find out more about how the charity provides help and support in the community and voluntary sector in Oxfordshire. For more information and to book a place [click here](#)

## THE HILL'S PITCH IS BACK OFFERING CASH PRIZES



Oxford's [digital health hub](#) will be offering multiple prizes of £1000 awarded to the best ideas to improve patient care using digital technology.

The event on Thursday 23 November in Oxford lets you pitch an idea in front of a panel of health care experts chaired by Sir John Bell - Regius Professor of Medicine at the University of Oxford.

It takes place at the Oxford Mathematical Institute, Andrew Wiles Building, Woodstock Road, Oxford, OX2 6GG (5.30pm start). For more information on the rules for taking part and to book your place [click here](#)

## TACKLING RHEUMATOID ARTHRITIS EARLY AVOIDS JOINT DAMAGE



Watch a short video explaining the need to detect the early signs of rheumatoid arthritis. The film describes how having treatment within three months of the onset of symptoms gives you the best chance of preventing lasting joint damage.

It's part of a campaign on the condition being run by the Oxford Academic Science Network and the National Rheumatoid Arthritis Society. To watch the film [click here](#)

## Locality News

### JOIN US IN CHIPPING NORTON TO HELP DEVELOP GP SERVICES



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) to 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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