



News Update

HAVE A CUPPA TO HELP CELEBRATE 70 YEARS OF THE NHS



There are loads of local events being organised at hospitals in Oxfordshire to mark the big occasion on Thursday 5 July. This includes the NHS Big7Tea event where you have a cup of tea and a slice of NHS birthday cake. To find out what is going on near you [click here](#)

There are many other ways to show your appreciation of the NHS. You can volunteer, make a pledge to use health services wisely and take part in research projects. For more information on how to get involved [click here](#)

Reminders

DO YOU HAVE QUESTION FOR NICE?



You can quiz Sir Andrew Dillon (pictured), the chief executive for the National Institute for Health and Care Excellence (NICE), next month.

The NICE Board will be holding a Question Time session at Oxford Town Hall on Wednesday 18 July (12.30pm to 1.30pm) to explain their role. This will be followed by a public board meeting (1.30pm to 4.30pm).

NICE produces guidance on a range of topics from preventing and managing specific conditions to the provision of social care for adults and children. For more information and to book your place [click here](#)

Partnership Information

HAVE YOU HAD AN NHS HEALTH CHECK?



These are designed to spot early warnings of stroke, kidney and heart disease, Type 2 diabetes and dementia. They are available to anyone aged between 40 and 74 who has not already been diagnosed with an existing heart condition.

Health checks are free and you will be invited to have one every five years. Your GP surgery will automatically send out invitations, but if you are over 40 and haven't had one, contact your surgery to make an appointment. To find out more [click here](#)

You can also take part in a short survey on NHS health checks to help Oxfordshire County Council understand better how many people have had one (see the story below on consultations).

HEALTH WATCHDOG TO LOOK AT ANNUAL REPORT



Healthwatch Oxfordshire will focus on its annual report at its next Board meeting in public, to be held in Wantage on Tuesday 17 July at the Beacon, Portway, Wantage OX12 9BX, 7pm to 9pm.

The report will look back on the organisation's key projects from the past year, and outline plans for the year ahead. For more information on the meeting [click here](#)

FOCUS ON QUALITY PRIORITIES FOR PATIENTS



Oxford University Hospitals NHS Foundation Trust is holding a public and staff engagement event on Thursday 12 July (4.30pm to 6.30pm) at the Tingewick Hall, John Radcliffe Hospital in Oxford focusing on its priorities around quality healthcare.

The meeting will look at the outcomes of the Trust's quality priorities in 2017-18 followed by presentations from the 2018 -19 quality priority team. You'll be able to discuss these plans and feed back your thoughts.

To book your place, which must be done by 5pm on Monday 9 July, and for more information [click here](#)

KEEP YOU FIT, WELL AND HEALTHIER WITH NEW APP



A brisk 10 minute walk every day is a great way to improve your health. You could walk part of your journey home, pop to the shops on foot, or get some fresh air in the evening sunshine.

And to get you started you can download an app which shows how much brisk walking you're doing and how you can do more. The app is part of Public Health England's 'Active 10' campaign encouraging people to be more active.

To find how to download the app and more about the campaign [click here](#)

Other Consultations

VIEW ALL OXFORDSHIRE COUNTY COUNCIL'S PUBLIC CONSULTATIONS



You can view and take part in all of the council's current consultations. These include surveys on [NHS health checks](#) and [special education needs \(SEN\)](#) and the new [education, health and care plans](#).

You can see more information about a specific consultation by visiting the relevant webpage [click here](#)

CONSULTATION ON CHILDREN'S MENTAL HEALTH SERVICES



NHS England wants your feedback on a blueprint for Child and Adolescent Mental Health Services (Tier 4). This plan has been developed by talking to clinicians, health professionals, the public and patient engagement groups.

To take part in the consultation which closes on Tuesday 14 August 2018 [click here](#)

Locality News

DATES FOR YOUR DIARIES: UPCOMING PATIENT GROUP MEETINGS



- A public talk on the over-use of antibiotics is being held on Saturday 22 September at the Corn Exchange in Witney (10.30am). Professor Carl Heneghan of the University of Oxford, will be looking at the reasons antibiotics don't always work and what the future holds for them. More details to follow.

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