



Talking Health

News Update

HELP US TO HELP YOU STAY WELL



Tehmeena Ajmal is Oxfordshire's new Winter Director who will lead a central winter team to reduce seasonal pressures across health and care services. The team will also work to improve quality and performance of emergency and urgent care in the area. For more more information [click here](#)

THE FLU JAB WILL HELP PROTECT YOU THIS WINTER



The annual flu vaccination campaign is underway and patients at risk from the condition are encouraged to have a free vaccination. These include:

- people aged 65 and over
- pregnant women
- people under 65 years in clinical 'at risk' groups
- children aged 2 to 3 years - nasal spray vaccine
- children in schools from reception to year 5 - nasal spray vaccine
- carers and people in long stay residential homes.

GP surgeries are contacting patients to invite them to flu vaccination clinics over the next few months to help protect them this winter. For more information about the flu jab [click here](#)

DOWNLOAD THE HEALTH APP TO FIND 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 iPhone [click here](#) and for Androids [click here](#)

UPDATE ON COGGES SURGERY IN WITNEY



OCCG is providing Information and regular updates on next steps for the practice, including opportunities to have your say around the possible options for the future of primary care services in Witney, To find out more [click here](#)

Reminders

WEBINARS TO HELP YOU LEARN MORE ABOUT ONLINE HEALTH SERVICES



NHS England holds a monthly webinar for patient participation group members. You will have the chance to hear about online services and the developments around them.

There are opportunities to ask questions and share your thoughts and experiences during the webinars which will take place on Wednesday 24 October, Monday 26 November and Wednesday 12 December lasting an hour. For further information and to take part [click here](#)

Partnership Information

DRINK LESS OF YOUR FAVOURITE TIPPLE TO STAY HEALTHY



Drink Free Days is aiming to help you reduce the amount of alcohol you drink. The campaign encourages middle-aged people to take more days off from drinking as a way of reducing risks to their health. To join the campaign [click here](#)

SLEEP BETTER WITH THE HELP OF DIGITAL MEDICINE



An online support programme to improve sleep is to be offered free on the NHS for the first time to every adult living in Oxfordshire.

From 10 October Sleepio will be available to all over-18s in the county through the first NHS rollout of direct-access digital medicine. You won't need a prescription or GP referral.

For more information [click here](#)

ONLINE SUPPORT FOR PATIENTS WITH CANCER



A national charity is hosting online webinars on financial matters for people with cancer and other illnesses, their families and their carers.

These sessions are being run over the next four months by St Bernard Support and will cover subjects such as wills, trusts, lasting power of attorney and pensions.

If you wish join the webinars e-mail admin@s-b-s.org.uk to receive the instructions on how to take part. For further information [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 [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](#)

Locality News

DATES FOR YOUR DIARIES: UPCOMING PATIENT GROUP MEETINGS



- **HEALTH AND WELLBEING FAIR IN WITNEY- NEW VENUE**
You can attend the event on Saturday 13 October 2018 (10am to 1.30pm) which is now being held in the Langdale Hall, Market Square, Witney, OX28 6AB. It is being run by the Patient & Public Participation Group in West Oxfordshire. For more information [click here](#)
- **HOW PPGs CAN SUPPORT HEALTH AND SOCIAL CARE**
A meeting is being held next month to lift the lid on health and social care in Oxford city, and how local patient participation groups can support these services. Join us on Tuesday 20 November (11.30am to 3pm) at the West Oxford Community Centre, Botley Road, OX2 0BT. For more information and to confirm your attendance email: hello@healthwatchoxfordshire.co.uk or contact 01865 520520.

Please contact Richard McCrann at South, Central and West Commissioning Support Unit's Communications Team if you wish to unsubscribe from this e-bulletin or have any questions about its content.
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