



Talking Health

Friday 26 October 2018



News Update

NASAL SPRAY FLU VACCINE TO PROTECT YOUNG CHILDREN



A mum is urging parents to get children aged two and three protected against flu with a nasal spray vaccine. Lizzie Moore took her two-year old daughter Sif for the free vaccine at her local GP practice (pictured) in Oxford and was pleased how quick and easy it was. To read more [click here](#)

You can also watch a short video on why 'at risk' patients - including those aged 65 and over, people with long term conditions like diabetes and asthma, and pregnant women - need the flu vaccine to help protect them this winter. To view [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

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](#)

Partnership Information

LEARN MORE ON PAIN MANAGEMENT AT A PUBLIC TALK



The Bell Surgery in Henley-on-Thames is holding the event on Tuesday 30 October in the Maurice Tate Room at Townlands Hospital in the town (6pm to 8pm).

The talk will lift the lid on the acute and chronic pain service at the Royal Berkshire Hospital in Reading and its multidisciplinary approach to pain management. For more information and to book your place contact the Bell Surgery on 01491 843250 or email: thebellsurgery@nhs.net

HELP IMPROVE FRAILTY SERVICES FOR OLDER PEOPLE



NHS England wants to recruit two patient and public voice reps to help improve NHS specialised services for older people living with frailty. The recruits will join the specialised clinical frailty programme, bringing their own views and experiences to this initiative.

If you wish to apply for a role and to view other opportunities visit NHS England's involvement hub [click here](#) The closing date for applications is Sunday 28 October 2018.

FOLLOW YOUR GP'S ADVICE ON ANTIBIOTICS



The 'Keep Antibiotics Working' campaign describes the risks of antibiotic resistance, urging people to seek advice from healthcare professionals like GPs around the use of antibiotics.

The campaign also provides effective self-care tips to help you feel better if you are not prescribed antibiotics. For more information on 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 [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



- **HOW PPGs CAN SUPPORT HEALTH AND SOCIAL CARE**
A meeting is being held in November to look at health and social care services 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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