



15 October 2019

News update



Chipping Norton's First Aid Unit

You can take part in a public meeting to discuss a proposal to move the unit from the town's community hospital to the adjacent Chipping Norton Health Centre.

The meeting takes place on
Wednesday 23 October (7pm to 8pm)
at the Chipping Norton Health Centre,
Russell Way, Chipping Norton, OX7
5FA.

At the meeting you'll be able to view the site and discuss the proposed move with staff and clinicians. For more information and to confirm your place [see here](#)



Are you eligible for a free flu vaccination?

People in 'at risk' groups including those aged over 65, pregnant women or those with a long term condition such diabetes or asthma are eligible for a free NHS flu vaccination to protect them this winter.

Toddlers aged 2 and 3, children in primary school, and front line health or social care workers are also eligible for a free NHS flu vaccine.

Local GPs are currently holding flu vaccination clinics and you should book an appointment with your practice to attend one. For further information [see here](#)



Have you a plan to stay well this winter?

You are urged to have a winter plan so you and your family are well prepared when the weather gets worse and the season for flu, coughs and colds really kicks in.

A winter plan might include having a free NHS flu vaccination (see story above), keeping your medicine cabinet well stocked and heating your home to at least 18C.

You can get more advice in the 'Keep Warm Keep Well' leaflet which explains how to stay well in cold weather, and describes the financial help available to heat your home - [see here](#)

Partnership Information



Look after your mental health

The 'Every Mind Matters' campaign can help you spot the signs of common mental health concerns, offering practical self-care tips and guidance, and explains when you should seek further support.

The online tool helps you build an action plan to deal with stress and anxiety, boost your mood, improve your sleep and help you feel more in control. For further information [see here](#)



Oxfordshire suicide prevention strategy

You can take part in a survey on suicide and self-harm prevention in Oxfordshire to help support and shape efforts of local partnerships and organisations.

The short survey will only take 15 minutes to complete and is anonymous, and your thoughts will be incorporated into a suicide and self-harm prevention strategy for the next four years. To take part in the survey [see here](#) which closes on Tuesday 5 November.

Oxfordshire Wellbeing Network



The Oxfordshire Wellbeing Network

Representatives from local organisations are welcome to join the network's inaugural meeting on Monday 18 November at the Kassam Stadium

Conference Centre in Oxford OX4 4XP (10am to 3pm). The event will discuss 'What are the challenges to staying healthy for your community?' To find out more about the network and to register your attendance at the meeting [see here](#)



Share your views on commissioning priorities

Tell us your thoughts on the future of commissioning arrangements in Buckinghamshire, Oxfordshire and Berkshire West (BOB).

The integrated care system across BOB covers a multitude of NHS organisations and local authorities, and you can help shape commissioning plans for the area.

To read the proposal document for BOB and also to take part in a short survey [see here](#) which closes on Friday 18 October.

Consultations



View all County Council consultations

You can view and take part in Oxfordshire County Council's consultations.

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