



25 October 2019

News update



Watch a short film on the dangers of flu

The film explains why people aged over 65, pregnant women and patients with a long term condition such as diabetes or asthma should have a free NHS flu vaccination.

The two minute film describes how flu is a serious illness, particularly for 'at risk' patients that can result in a stay in hospital or even death from the complications of the condition.

You can watch the [video here](#) or at <https://www.youtube.com/watch?v=vzQ-tjWb2a0>



Phone app helps you find health services quickly

We have refreshed our smartphone app to allow you to find local services such as GP practices, pharmacists, minor injuries units and sexual health services. These services can help keep you well over winter.

The app also signposts to adult social care and to the Patient Access website where you can use online services provided by your GP surgery.

You can download 'Health and Care Oxfordshire' at regular app stores or for iPhones [here](#) and Androids [here](#)



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](#)



Next steps for the OX12 project

You can read the progress of the Oxfordshire Health and Wellbeing Board's OX12 project which is looking at the future health and care needs of the people of Wantage, Grove and surrounding villages. For more information [see here](#)

Partnership Information



Ten years to eliminate Hepatitis B - can it be done?

A talk on this subject is being held on Thursday 21 November (6pm start) Lecture Theatre 1, Academic Centre, John Radcliffe Hospital, Oxford OX3 9DU.

For further information and to book your place [see here](#)

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 arrangements

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

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

To read the proposal document for the

future of commissioning arrangements in the BOB integrated care system [see here](#)

You can share your feedback on these proposals via a short survey

[see here](#) or visit

www.oxfordshireccg.nhs.uk/about-us/buckinghamshire-oxfordshire-and-berkshire-west-integrated-care-system.htm

The survey closes on 1 December 2019.

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](#)



