

10 January 2020

News update



Help the NHS this winter

Local A&E departments are currently very busy but there are alternative options available for non-emergency situations.

These include:

- Self care - you can treat winter ailments with a well-stocked medicine cabinet.
- Pharmacies - at the first sign of a cough or cold visit your local pharmacy for advice and support.
- NHS 111 - this can help you choose the right health services for your needs.
- Minor injuries units - can treat deep cuts, small burns, sprains, sports injuries, and infected wounds.

For more information [see here](#)



Still time for a flu vaccination

Patients with a long term condition like asthma, diabetes or obesity can still get a free NHS flu vaccination to keep them healthy this winter.

Pregnant women, people aged over 65 and children aged 2 and 3 are also eligible for the vaccine.

You can book an appointment for the jab with your GP practice - young toddlers are given a safe and painless nasal spray vaccine.

For more information [see here](#)



Catch it, Bin it, Kill it

You can stop the spread of the flu virus by:

- **CATCH IT** – Always carry tissues and use them to cover your nose and mouth when you cough or sneeze

- **BIN IT** – Dispose of used tissues as soon as possible
- **KILL IT** – Clean your hands with soap and water as soon as you can and make sure you wash them frequently

Partnership Information



Places are still available at free workshops on children's therapy services

Parent and carers - share your views and experiences of children's integrated therapies service (occupational, physio and speech and language therapies) at two free workshops this month.

These are being held on Tuesday 21 January (6pm to 8pm) at the Wesley Memorial Hall in Oxford and also on Friday 24 January (12 noon to 2pm) at Jubilee House in Cowley.

To register your attendance

either for 21 January [see here](#) or
24 January [see here](#)

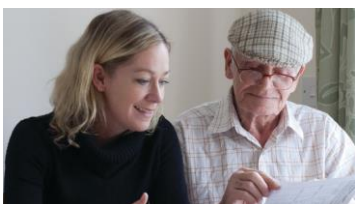


Share your views on suicide prevention

A draft suicide and self-harm prevention strategy for Oxfordshire is out for consultation until 19 February 2020.

You are requested to make colleagues, people with lived experience, and those bereaved by suicide - where appropriate - aware of the consultation.

For more information and to take part in a short survey [see here](#)



Who's your favourite carer?

Nominations are open for the *Oxfordshire Care Awards 2020 – Inspiration for All*.

The awards are being held to recognise and celebrate individuals, organisations and companies who have shown excellence in the care

sector locally.

To find out how to submit a nomination before the closing date of Friday 14 February 2020 [see here](#) (photograph courtesy of Age UK Oxfordshire)

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](#)