



7 February 2020

News update



Catch it, Bin it, Kill it

Flu is very infectious and is currently circulating – it is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

Following the simple steps below will make a huge difference in the fight against common colds and the more serious flu virus.

- **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.



Winter campaign update

We've been working with our NHS and social care partners to implement Oxfordshire's winter resilience plan to reduce seasonal pressures on local health services.

You can view the initiatives we've launched as part of the plan including the flu vaccination campaign and work in local hospitals to get patients home quickly. [See here](#)

Partnership Information



What do you think of pharmacies and social care?

Healthwatch Oxfordshire has launched two anonymous surveys to find out your views on how these services can be improved.

Social Care:

Feedback your top three issues on the support given at home or in a care/residential home - to take part in the survey which closes on 8 March 2020 [see here](#)

Pharmacies:

What are your experiences of using them to get health advice or to obtain prescription medication - to take part in the survey which closes on 31 March 2020 [see here](#)



Brush up on your health research skills

You are warmly invited to take part in two workshops which explain how patients and the public can get more involved in research. These are:

- **Patient and public involvement and systematic reviews**

Thursday 27 February, 10am to 1pm at the King's Centre, Osney Mead, Oxford, OX2 0ES - for more information and to book your free place [click here](#)

- **Fact or fake? Looking for evidence behind everyday health claims**

Thursday 19 March, 6pm to 7pm
at the Kennedy Lecture Theatre,
John Henry Brookes Building,
Oxford Brookes University,
Headington, Oxford, OX3 0BP-
for more information and to
book your free place [click here](#)



Fighting inactivity to stay healthy

Active Oxfordshire has made a video to explain the health benefits of being active. The film describes how doing more physical exercise can reduce the risk of diabetes, cancer and heart disease. To view the video and find out how you can stay active [see here](#)



The wonder of food

Take part in a talk on the health benefits of food and how good nutrition is important for our wellbeing. The event takes place on Tuesday 11 February at the Trinity Church, Conduit Road, Abingdon OX14 1DB (5pm to

7pm). To reserve your place and find out more about the speakers at the meeting [see here](#)

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](#)



Please contact Richard McCrann at Oxfordshire Clinical Commissioning Group's Communications Team if you wish to [unsubscribe](#) from this e-bulletin or have any questions about its content.

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