



# Patient and Public Involvement Newsletter

April 2016  
Issue 11



Swindon

Clinical Commissioning Group

Welcome to Swindon Clinical Commissioning Group's (CCG) Patient and Public Involvement e-Newsletter. The newsletter is issued monthly. We hope you find it useful and informative and any feedback you have is welcomed.

Swindon CCG is the name of the NHS organisation in Swindon that buys (commissions) local healthcare services. Swindon CCG has been formed from GP's within Swindon and Shrivenham to create a clinician led commissioning group.

## Helping You Keep Well



### Norovirus at the Great Western Hospital

GWH is asking friends and relatives not to visit patients if they have experienced vomiting or diarrhoea within the last 48 hours or have been in contact with anyone suffering from the symptoms.

Norovirus is a stomach bug which is common in the community at this time of year and can affect people of all ages. It can spread quickly in places where there are lots of people.

While present all year round, norovirus and its associated symptoms are more common during the colder months of the year, especially in busy public places such as schools, hotels and hospitals.

#### How you can help

If you're showing symptoms of norovirus please:

- Don't visit friends or relatives in hospital or in care homes.
- Drink plenty of fluids to avoid dehydration. If symptoms persist for more than 48 hours, contact your GP or call NHS 111 for advice.
- Stay away from work or school, until free of symptoms for at least 48 hours.
- Wash your hands thoroughly with soap and water regularly, particularly after toilet visits and before eating.
- Stay at home and avoid contact with others where possible.
- Don't handle or prepare food for other people until you have been symptom free for at least 48 hours.

The Trust is also asking people not to visit patients in hospital if they are suffering from any other potentially infectious disease, such as flu.

For further information on Norovirus, please visit:  
<http://www.nhs.uk/conditions/Norovirus/Pages/Introduction.aspx>

### **Courses for people with Type 1 or Type 2 Diabetes**



#### **DIABETES: LIVING WITH, LIVING WELL SWINDON**

If you are diagnosed with either Type 1 or Type 2 Diabetes, the “Diabetes: Living With, Living Well” 12-week project will support you by aiming to contribute to improving the self-management of your condition and increasing your physical fitness and confidence.

The project provides you with the opportunity to have a go at some fun activities, from resistance exercise circuits to walking football and pilates to indoor puck croquet and rambles, meet like-minded people, make new friends, and share best practices! We have a range of guest speakers, from individuals talking about their experiences managing Type 1 or Type 2 diabetes to Dietitians, Diabetic Specialist Nurses, GPs, and Psychologists.

The project is put together to increase your energy levels, increase your self-confidence, make everyday tasks like shopping, easier, and help you better understand and manage your diabetes.

Daytime Project: Every Tuesday at 10 am - 11.30 am at Pinetrees Community Centre. Starting Tuesday 24 May 2016 – Tuesday 26 July 2016

Evening Project: Every Thursday 7 pm - 8.30 pm Central Community Centre. Starting Thursday 26 May 2016 – Thursday 28 July 2016

To book your place on the next 12-week project, please contact Matt Fruci on 07823 525376 or by email: [MFruci@swindon.gov.uk](mailto:MFruci@swindon.gov.uk)

## **Important Milestone for Mental Healthcare in Swindon**

This week marks an important milestone for mental healthcare in Swindon. Seriously mentally ill patients in Swindon have not been placed in out of area acute care beds for the past year, achieving a national target 18 months ahead of time.

The Independent Commission on adult acute mental healthcare published its report, known as the ‘The Crisp Report’, in February 2016. The Report identified a target to phase out the practice of sending acutely mentally unwell people far away for treatment by October 2017, but by working collaboratively to redesign mental health services, Swindon Clinical Commissioning Group (CCG) and Avon & Wiltshire Mental Health Partnership (AWP) have today confirmed that they have not needed to admit a patient out of area for their care.

For patients in Swindon this means they are more likely to be admitted to a bed in Swindon, rather than being transferred to either an acute bed elsewhere in the region, or a private bed possibly even further away. Previously, beds have been used all around the country, often resulting in lengthy

waits, long journeys, delays to commencing treatment and difficulties for families to visit. These factors have the potential to impact upon the patient with an acute mental illness, possibly making them feel even more unwell and unsafe.

The situation was very different three years ago where there were 18 patients placed in out of area acute beds as the wards in Swindon and within the AWP area across the South West were full.

Simon Manchip, Clinical Director of Swindon at AWP said: "We recognised a long time ago the need for improvement within our mental health provision and since 2014 there has been much collaborative working between all stakeholders to re-design mental health services in Swindon.

"This has really been down to the superb effort of the staff at Applewood, bed management and the intensive team. There has been much hard work, not only to turn around the situation, but also to sustain the position, and we want to take the opportunity to celebrate this achievement, which has allowed Swindon to become a beacon of good practice."

Thomas Kearney, Associate Director for Urgent Care said: "Through close partnership working, Swindon CCG and AWP have radically improved the experience of mental health services for most vulnerable patients. We know that not having to travel long distances to get the right care makes a real difference to the families and carers for our patients.

"Learning from this success, we will continue to work with AWP to improve mental health services in Swindon and Shrivenham over the coming years."

## NEW Alive n Kicking Programme



The Alive n Kicking programmes are for children (2-16 years old) who are overweight and would like to lose weight and be healthier.

Alive n Kicking Juniors (5-11 years old) and Seniors (11-16 years old) support children and parents through physical activity sessions, nutrition workshops and behaviour change to support losing weight and to be healthier.

Alive n Kicking Toddlers (2-5 years old) is a programme which provides a play session for children and a workshop for parents to focus on different areas of a healthy lifestyle including fussy eating, using food labels and understanding portion size to be healthier.

The 10-week Juniors programme will be starting on Monday 9 May (5-6:15 pm) and the Seniors programme on Tuesday 10 May (5-6:30 pm). Both of these will be taking place at the Oasis Leisure Centre. The Alive n Kicking Toddlers 7-week programme starts on Tuesday 12 April (2-3 pm) and will take place at Parks & East Walcot Children's Centre.

If you have any questions or queries regarding the Alive n Kicking programmes, please contact:-  
Jon Dunn, Healthy Weight Project Officer (Children and Families), Swindon Borough Council  
Office Tel: 01793 465412  
Mobile: 07818 510563

NHS Citizen



NHS Citizen is a national programme to give the public a say on healthcare matters and influence NHS England decision making.

The NHS Citizen Assembly is a meeting to bring citizens and the board of NHS England together to collaborate on 5 citizen-generated issues that can influence the strategic priorities of the NHS. These meetings occur twice a year and are a key part of the NHS Citizen programme – a national programme to involve more people in NHS England decision making.

### Get involved

Right now NHS Citizen is live and running with its online forum – NHS Citizen Gather. The Gather forum is a way for citizens to raise issues and ideas about how NHS England can improve. By joining NHS Citizen Gather people can have their say in NHS England decision making.

How to take part in NHS Citizen:

- Sign up to the [NHS Citizen mailing list](#) for updates on NHS Citizen
- Post an idea or issue or [join the discussion](#) about things other people have suggested.
- Join the discussion on [Facebook](#) or [Twitter](#) using #nhscitizen on Twitter.
- Run an NHS Citizen [offline Gather event](#)

## Can you share your experience of the NHS with future NHS leaders?

The NHS Leadership Academy is looking for people to join professional leadership development programmes, to hear about the real experiences of patients, service users, carers and NHS staff. It's a great opportunity for volunteers to ensure that programmes have patient care and staff engagement at their centre, and support the ongoing improvement of the NHS.

If you are interested in registering your interest in the NHS leadership Academy, please use this link: [Patient, Carer and Staff Volunteer recruitment](#)

## For your interest and information

### **Oxford Academic Health Science Network (OAHSN) Newsletter**

The latest OAHSN newsletter can be viewed [here](#).

### **Healthwatch Swindon newsletter**

The latest news and e-bulletins can be viewed [here](#).

### **Voluntary Action Swindon news**

The latest news from VAS can be viewed [here](#).

### **NICE Public Involvement Programme**

The February issue of the Public Involvement update can be viewed [here](#).

## Latest news from the CCG

### **Governing Body**

The next meeting in public of the Governing Body will take place at the [CCG offices](#) on the **26 May 2016 at 9.30 am**. The papers will be available on our [website](#), one week before the meeting.

The Governing Body is held in public, although it is not a public meeting. If you would like to attend, please email [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk).

### **Talking Points**

Talking Points is intended to give a summary of the key areas of discussion and decisions at the meeting of the Governing Body and the latest Talking Points are now available to view on the [CCG website](#). The minutes of the meeting will provide the official record of the meeting.

### **Patient and Public Involvement (PPI) Forum**

Minutes from the March PPI meeting can be viewed [here](#).

The next meeting of the PPI Forum is on Thursday 28 April 2016, 12.30 pm to 2.00 pm at Swindon CCG, The Pierre Simonet Building, North Latham Road, Swindon, SN25 4DL.

Please let us know if you would like to attend the meeting by contacting the Communications Team either by email or by telephone:-

E: [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk)

T: 01793 683700

## **Contact Details for the Communications and Engagement Team**

Email: [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk)

Telephone: 01793 683700