



Patient and Public Involvement Newsletter

July 2016
Issue 14

NHS

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 GPs within Swindon and Shrivenham to create a clinician-led commissioning group.

Are you getting enough Vitamin D?



Public Health England (PHE) has advised the Government that in order to protect bone and muscle health, everyone needs vitamin D equivalent to an average daily intake of 10 micrograms.

This advice is based on the recommendations of the Scientific Advisory Committee on Nutrition (SACN) following its review of the evidence on vitamin D and health.

Vitamin D is made in the skin by the action of sunlight and this is the main source of vitamin D for most people. SACN could not say how much vitamin D is made in the skin through exposure to sunlight, so it is therefore recommending a daily dietary intake of 10 micrograms.

PHE advises that in spring and summer, the majority of the population get enough vitamin D through sunlight on the skin and a healthy, balanced diet. During autumn and winter everyone will need to rely on dietary sources of vitamin D. Since it is difficult for people to meet the 10 microgram recommendation from consuming foods naturally containing or fortified with vitamin D, people should consider taking a daily supplement containing 10 micrograms of vitamin D in autumn and winter.

People whose skin has little or no exposure to the sun, like those in care homes, or who always cover their skin when outside, risk vitamin D deficiency and need to take a supplement throughout the year. Ethnic minority groups with dark skin, from African, Afro-Caribbean and South Asian backgrounds, may not get enough vitamin D from sunlight in the summer and therefore should consider taking a supplement all year round.

Children aged one to four years should have a daily 10 microgram vitamin D supplement. PHE recommends that babies are exclusively breastfed until around six months of age. As a precaution,

all babies under one year should have a daily 8.5-10 microgram vitamin D supplement to ensure they get enough. Children who have more than 500ml of infant formula a day do not need any additional vitamin D as formula is already fortified.

Dr Louis Levy, head of nutrition science at Public Health England, said:

“A healthy, balanced diet and short bursts of sunshine will mean most people get all the vitamin D they need in spring and summer. However, everyone will need to consider taking a supplement in the autumn and winter if you don’t eat enough foods that naturally contain vitamin D or are fortified with it. And those who don’t get out in the sun or always cover their skin when they do, should take a vitamin D supplement throughout the year.”

Vitamin D supplements are available free-of-charge for low-income families on the Healthy Start scheme.

Vitamin D regulates the amount of calcium and phosphate in the body, both needed for healthy bones, teeth and muscles. It is found naturally in a small number of foods including oily fish, red meat, liver and egg yolks and in fortified food like breakfast cereals and fat spreads.

Change for Life - Just Keep Moving Finding Dory Swim Sessions



British sporting champions Tom Daley and Becky Adlington are encouraging children to ‘just keep moving’ this summer, as they launch nationwide interactive family swim sessions and a brand new 10 Minute Shake Up campaign – all inspired by the new Disney-Pixar blockbuster, Finding Dory.

The joint Disney, Change4Life and the Amateur Swimming Association (ASA) campaign launches family swim sessions at hundreds of pools across the UK as well as new 10 Minute Shake Up activities, in a bid to make exercise fun and help children get the 60 minutes of moderate to vigorous physical activity they need each day.

The Finding Dory inspired swim sessions, which are co-created with the ASA and run from 22 July until 4 September, will provide an hour of in-water storytelling for the whole family, teaching children key swimming skills as they are taken on a journey with Dory and friends, led by trained instructors.

These interactive family swim sessions will be taking place at The Link Centre in Swindon. For further information or to book, visit www.disney.co.uk/justkeepmoving

A recent survey, commissioned by Disney, Change4Life and the ASA revealed that three quarters of children aged 5 to 11 (73%) want to do more physical activity, and 56% of children miss taking part in school PE lessons over the summer. Finding ways for their children to be active is a challenge faced by families, with 61% of parents saying they struggle for ideas during the school holidays.

The research showed that more than half of children (55%) said that swimming is one of their favourite ways to keep physically active during the summer holidays. 39% of 5 to 11 year olds also said that they would want to go swimming more often if they could go with family members.

Physical activity helps children build social skills, boost self-confidence, improve bone and heart health and maintain a healthy weight, yet just 21% of boys and 16% of girls currently meet the national recommended level of activity of 60 minutes each day.

Campaign ambassador Becky Adlington, who stars in a series of films sharing her top tips for inspiring children to get active, comments:

“Since I stopped competitive swimming a few years ago, I understand how tricky it can be to fit exercise into a busy routine – and also make it fun. As a mum, it’s even harder. But I’m passionate about inspiring the future generation to get active and that’s why I’m supporting this summer’s campaign from Disney, Change4Life and the ASA. The summer holidays can seem really long but there are loads of great ideas to get kids up and about with new 10 Minute Shake Ups, and what better way to spend time together than enjoying a family swim session where you’re learning key skills.”

Search Change4Life online for Disney and Finding Dory inspired 10 Minute Shake Ups and don’t forget to book your swim session today at www.disney.co.uk/justkeepmoving

Walking Netball Sessions



General health and well-being can make a big difference to someone’s quality of life, whatever their age. Eating well and keeping fit are important. Someone might be recovering from injury or just getting older, but it’s important they are as active as they can be. Regular physical activity will help maintain strength, flexibility and energy levels.

Walking Netball is ideal as someone can start gently and build up gradually, aiming to do a little more each session. Regular weight-bearing exercise helps keep bones strong by forcing the bones in the lower half of your body to bear a person’s full weight each time they move. Older people who take part in Walking Netball will see many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility.

- The British Heart Foundation advocates for regular physical activity in order to reduce risks of heart disease.
- Alzheimers UK tell us that exercise is beneficial for physical and mental health and may improve the quality of life for people in all stages of dementia.
- Cancer Research UK advocates physical activity as a way of reducing risk of cancer and other illnesses and they tell us that physical activity is potentially beneficial during and after cancer treatment.

Most people find being more active easier than they expected – and more enjoyable. The more someone enjoys Walking Netball, the easier it is to keep it up, and that’s when they’ll really reap the benefits. You may be surprised by how much fun walking netballers can have, how much fitter and healthier they will feel and how much they can achieve.

And it’s not just health benefits – Walking Netball also offers social benefits. Participants can meet new people, avoid becoming isolated, and interact with individuals and small groups.

There are a number of sessions in Swindon:

Tuesday 19:00 – 20:15 Dorcan Recreation Complex

Target group is Netballers that no longer play competitive Netball due to age and / or serious injury.
£3 per session.

Wednesday 14:30 – 15:30, Haydon Centre

Target group is females, especially non-netballers, aged 50+.
£2 per session.

Thursday 09:30 – 10:30, Highworth Recreation Centre

Target group is females, especially non-netballers.
£3 per session.

Friday 11:00 – noon, Grange Leisure Centre

Target group is females, especially non-netballers.
£3 per session.

For more details contact Mo Squires, Swindon NDO

T: 01793 423134

E: Maureen.Squires@GLL.org

Be Active Programme



The new Swindon Mind Be Active programme is funded by Sport England and the National Lottery and aims to offer access to physical activity for people in Swindon living with a mental health condition. The aim of the Be Active programme is to create a welcoming, inclusive and positive environment for people to participate in physical activity, with a focus on the benefits of:

- Improved mental health and wellbeing
- Reduction in stress, anxiety and depression
- Improved confidence, motivation and self-esteem
- Weight loss
- Improved social life, meeting new people and having some fun!

In addition, Swindon Mind will be recruiting volunteers to act as Activity Buddies who have had similar experiences or have good knowledge of the barriers to physical exercise that people living with a mental health condition may face. They will match the Activity Buddy according to the need of the participant in order to offer the most appropriate support.

Each participant will receive a face to face or telephone interview to ascertain their interests, abilities and current activity level and the opportunity to be matched with an Activity Buddy. We will then refer them to an existing mainstream programme, a Swindon Community Health & Wellbeing programme or one of our own taster session courses.

We will follow up on the progress of the participant and offer additional support/physical activity where necessary.

Who is Be Active for?

It is for people who:

- Are aged 16+ living in the Borough of Swindon

- Want to use physical activity and sport as a means of improving their mental health and wellbeing
- Find starting something new difficult
- Don't have the motivation or confidence to participate
- Don't know what's available or how to access it
- May need someone to support them to attend

How does Be Active Work?

Participants will get support from a dedicated staff member who will arrange to speak to them via a face to face interview or a telephone conversation to:

- Explore what they would like to do - something on their own or a structured activity, maybe in a group or a team sport
- Find out what their goals are - what they want to achieve with their physical activity?
- Identify barriers that may stop them being active
- Explain the role of the Activity Buddy and find out if this is something they would be interested in

What is an Activity Buddy?

An activity Buddy is a trained volunteer whose role is to:

- Support the participant to attend as many different physical activity sessions as they wish so they can try different things until they find something that fits in with their abilities, interests and daily routine.
- Help the participant along the way to their goal and to give that extra boost if the going gets tough.
- Accompany the participant to access mainstream sport and leisure facilities so they can continue with their chosen form of physical activity.

How is the Be Active programme accessed?

You can refer yourself to Be Active by contacting on 01793 432031, e-mailing beactive@swindonmind.org

If you prefer you can ask someone like a family member/friend, your doctor or mental health support professional to do this for you.

Volunteers

Anyone interested in applying to become a volunteer Activity Buddy to support participants to access physical activity, please contact the Be Active Coordinator Tel: 01793 43203, e-mail: volunteering@swindonmind.org.uk

Are you looking after an adult with a learning disability?



The Swindon Learning Disability Carer Voice is looking to recruit new members. This group ensures the thoughts, opinions and ideas of carers who look after an adult with learning disabilities are heard.

The group is friendly and welcoming with tea and biscuits available. It is not a closed group but if you would like to attend, please call 01793 531133 for details of the next meeting.

At the meetings the group share views and experiences in order to:

- Influence local, regional and national decision-making processes
- Shape the services available to carers and the people we care for
- Be a representative voice for others in a similar position
- Attend meetings and consultations

Meetings are held at Swindon Advice and Support Centre, Sanford Street 10 am - 11.30 am.

Survivors of Bereavement by Suicide - The 'Engaging Men' Programme



If you need help but don't know where to turn, and if you find it easier to talk whilst being active, this could be your answer.

1. The Need

Did you know that following the suicide of a family member, friend or colleague, too many men:

- Suffer months or years of inner turmoil
 - Find it hard or impossible to talk about their feelings
 - Find that these repressed feelings may turn up in unwanted places and unwanted times in forms such as depression or aggression
 - Feel they have to 'stay strong' for others, even when that is a task which would be too much, even for Superman
 - Feel increasingly isolated and alone
 - Risk becoming alienated even from their closest family and friends
 - Risk turning to other 'comforts', such as alcohol or drugs
 - Have suicidal thoughts of their own, but ...
- Find that they benefit most from being alongside and 'shoulder-to-shoulder' with other men who have experienced bereavement by suicide

2. The Project

This project is for you if you recognise yourself anywhere in the above list. It aims to address some of those issues and engage with men who have been bereaved by suicide and know they would find it helpful to talk to other men who have suffered the same trauma.

3. Sample activities

Sport (active or passive), music (pop to classical), film and theatre, cars and transport, walking, gardening, hands-on skills, photography and anything else which has an interest-group. It will aim to provide at least six activities of a range of interests over the first year until August 2017.

For further information or to register your interest, please email:

jackyswindonsobs@gmail.com or via the website www.uk-sobs.org.uk

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 (PIP)

Information on the PIP can be found [here](#).

The June edition of the NICE Public Involvement Newsletter is now available and 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 **28 July 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.

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 PPI meetings can be viewed [here](#).

The next meeting of the PPI Forum is on **Friday 30 September 2016**

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

T: 01793 683700

Contact Details for the Communications and Engagement Team

Email: communications@swindonccg.nhs.uk

Telephone: 01793 683700