



## Patient and Public Involvement Newsletter

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**NHS**

Swindon

Clinical Commissioning Group

### Stay Well This Winter – Flu Vaccinations for Young Children

**STAY WELL  
THIS WINTER**

With nursery and school terms well underway, parents and guardians of young children are encouraged not to put off getting the free flu vaccination for their children.

This year, children aged two to four and those in School Years 1, 2 and 3 are all eligible for a free flu vaccination on the NHS. The child-friendly nasal spray means children can avoid having an injection and instead have a quick, painless squirt into each nostril.

In Swindon, children can **visit their GP** for the nasal spray vaccination and parents are encouraged to contact their GP practice to book an appointment. Children of all ages over six months with a health condition that puts them at greater risk of flu are also eligible for the flu vaccine.

Flu is a very unpleasant illness in children causing fever, stuffy nose, dry cough, sore throat, aching muscles and joints, and extreme tiredness. This can often last several days. Flu can be serious too. Some children can become very ill and may need to go to hospital for treatment. Serious complications of flu include a painful ear infection, acute bronchitis, and pneumonia.

It is crucial to get children vaccinated this autumn and winter even if they had the flu vaccination last year. The flu vaccine provides protection against the strains of flu that are likely to circulate this year and which may be different from last year – that's why all eligible patients should be vaccinated every year. So make sure you visit your GP when your child is offered the nasal spray vaccine.

### Stay Well This Winter – Tips for Keeping Warm

**STAY WELL  
THIS WINTER**

Cold weather can be bad for our health, especially for people aged 65 and older. As we age it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes.

Age UK have produced a useful [information leaflet](#) which gives advice on how to keep warm.

More winter wellness tips can be found on the [NHS website](#).

## World Diabetes Day – 14 November 2016



World Diabetes Day is celebrated annually on 14 November and the theme for 2016 is “Eyes on Diabetes” which will focus on promoting the importance of screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.

Screening for type 2 diabetes is important to modify its course and reduce the risk of complications. **Please ensure you keep on top of your screening appointments.**

## Diabetes UK Swindon Group Meeting



The next meeting of the Swindon Group of Diabetes UK will be held on **Tuesday 1 November** at the Broadgreen Centre, Salisbury Street, Swindon, commencing at **7.30 pm**.

The Guest Speaker will be Matt Fruci, who leads the “Diabetes: Living with, Living Well” project in Swindon. This 10-week project aims to improve self-management of the condition; participants have demonstrated weight loss, reduced BMI, increased levels of physical activity and increased consumption of fruit and vegetables.

Admission is free to anyone interested in diabetes or its management. A selection of Information Leaflets will be available, as will loans from the Group’s library of diabetes Reference Books. Light refreshments will be served.

Further details are available from Matthew Spencer 01793 851229

## We need you!



The CCG is constantly looking to engage with more patients, public members and voluntary groups in the work that we do and are currently looking to recruit new members to our Public and Patient Involvement Forum (PPI Forum).

The PPI Forum meets once a month at the CCG offices and its purpose is to hold the CCG to account for how we involve local people in the design and commissioning of health services. This committee is made up of public, patients, voluntary organisations, Healthwatch Swindon and senior members of the CCG.

Further details of our PPI Forum can be found on our [website](#).

If you would like to attend a meeting to see whether it is for you, please contact our Communications and Engagement Team at [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk) or by telephoning 01793 683700.

## Breathe Easy Support Group



Breathe Easy Swindon is a local support group for anyone living with a lung condition including carers, friends and family.

Meetings take place on the third Monday of each month, from 1 pm to 3 pm, at The Sun Inn, Coate, Swindon, SN3 6AA and are free to attend.

Make new friends who know what you're going through, and learn more about living with a lung condition.

Further details can be found on the British Lung Foundation [website](#).

## 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](#).

## 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 **27 October 2016 at 9.30 am**. This meeting will only be a short meeting, looking at strategic matters. The papers will be available on our [website](#), one week before the meeting. The next full Governing Body meeting will be on the **24 November 2016**.

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

The next meeting of the PPI Forum is on **Thursday 27 October 2016 at 12.30 pm**

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