



Patient and Public Involvement Newsletter

December 2016
Issue 19

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NHS

Swindon

Clinical Commissioning Group



Season's Greetings



It has been a busy year for us at Swindon CCG.

We have seen a change of Provider for Community Services in Swindon and this was, in part, as a result of our public consultation events to see what our patients expect from their care. Swindon Community Services officially take over providing community services on the 18 February 2017 but patients should not notice any change to their current care.

We have also seen the introduction of Sustainability and Transformation Plans which sees us lining up our commissioning priorities within a footprint with Wiltshire CCG and Bath and North East Somerset CCG. The [final plan](#) is due to be published on the 14 December 2016.

The work we have undertaken to transform our mental health services has been recognised nationally with other CCGs looking to use our model to improve their services. We have not had a patient placed in a bed out of area for almost two years as a result. We have achieved this by placing a focus on early intervention and by offering effective alternatives to hospital admission. Our work has also been recognised by Norman Lamb MP in the [Guardian Newspaper](#).

We have introduced the new [Prescription Ordering Direct Service](#) which aims to reduce time and capacity within GP surgeries and streamline the service for patients. This will continue to grow and improve throughout 2017.

Our [Public and Patient Involvement Forum](#) goes from strength to strength and we have new members regularly joining us. It is important to our organisation that we receive patient feedback to ensure that we are commissioning the best and most needed care for our population.

We are looking forward to another busy, albeit challenging year in 2017, but for now all of the staff at Swindon CCG would like to wish you a very Merry Christmas and a Happy New Year.

Remember to Collect Your Repeat Prescriptions Before the Holidays



If you are on regular medication, make sure that you have enough medicine to see you through the Christmas break as not all pharmacies will be open as usual through the holiday period. Repeat prescriptions should be ordered by Friday 16 December 2016 to ensure that you have receive your medication in plenty of time.

The [Swindon CCG website](#) will provide details of what pharmacies are open and when, so look out for updates.

Stay Well This Winter – Norovirus



Norovirus causes viral gastroenteritis, which is characterised by the sudden onset of vomiting and/or diarrhoea, it can spread rapidly in closed environments.

If you are ill over this winter, please read the following advice:

- Stay away from work until you have been free of symptoms for at least 48 hours and avoid contact with others where possible
- Keep hydrated by drinking fluids as tolerated
- If symptoms persist (more than 48 hours), phone the GP or the NHS non-emergency number 111 for advice
- Wash hands thoroughly with soap and water regularly but particularly after toilet visits and before eating and handling food. Alcohol hand gel is not effective against norovirus
- Do not visit friends or relatives in hospital or residential care homes as there is a real risk of introducing the infection to the establishment
- Do not handle or prepare food for other people until symptom free for at least 48 hours

Swindon CCG Staff Receive their Flu Jab



Staff at Swindon Clinical Commissioning Group (CCG) have this week backed the week-long #jabathon flu campaign.

Led by NHS Employers, #jabathon aims to drive up the number of healthcare staff who have the flu vaccination this winter.

Anna Rarity, Quality Manager at the CCG said: "I have been meaning to have the flu jab for a while and really appreciate having it this week in our offices. I had flu last year and really want to avoid it this year."

Nicki Millin, Accountable Officer said: "It is great that 20 CCG staff have had their flu jab this week, making sure they are vaccinated to protect themselves and reduce the risk of passing on the illness to their work colleagues, families and friends"

Along with frontline health and social care staff, it is highly recommended that other high risk groups such as children under five, adults over 65, and anyone with a long-term condition get their flu vaccination. Flu is nasty for anyone, but for high risk groups it can lead to serious complications, and in extreme cases it can even be fatal.

You can download this leaflet from Public Health England - [The Flu Vaccination Winter 2016/17](#) - It explains how you can help protect yourself and your children against flu this coming winter, and why it is very important that people who are at increased risk from flu have their free flu vaccination every year.

Keep Active to Stay Well

There's no doubt that keeping active makes us feel more energetic. But there are other more specific benefits, including helping to:



- manage high blood pressure and angina
- keep you at a healthy weight
- maintain regular bowel movements
- stimulate a poor appetite
- strengthen muscles and bones, reducing the risk of falls and fractures
- ease discomfort if you have arthritis or Parkinson's.

Regular exercise also boosts the production of brain chemicals that lift your mood and make you feel happy – so it can be a good way to deal with stress and anxiety.

There are a number of activities available which are suitable for all abilities within Swindon. Here are a few suggestions:

The **Swindon Diabetes** website has a list of activities that can be viewed [here](#).

Walking Netball is a great way to get back on the court if you are over 50 or recovering from an injury. Swindon hosts a number of walking netball groups, details of which can be found [here](#).

In addition to these, there are two new additional groups being piloted at Bradon Forest School and the Croft Centre. For further details of these or any of the other groups, please contact Maureen.Squires@GLL.org, tel. 01793 423134.

Walking Football is non-contact version of the game for men and women aged 50 years or more, which is also suitable for people who may have had mobility, fitness or health problems which prevents them from playing a faster paced game. Details of nearby groups can be found [here](#).

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The [Swindon Hindu Temple and Cultural Centre](#) offers guided yoga sessions for anybody, Monday to Friday 6 am to 7 am and Saturday 6.30 am to 8 am. These sessions are free to attend but a voluntary donation is recommended.

Dryathlon for Cancer Research UK



After the Christmas and New Year Binges, why not consider going “Dry for January”. A month without booze means no hangovers, more cash in your pocket, and you could even get sponsored to raise funds for Cancer Research.

To sign up and for advice and support, visit the Cancer Research UK [website](#).

Swindon CCG PPI Member to Raise Awareness of Social Isolation



Swindon CCGs newest member of the PPI Forum is all set for his next big challenge – cycling across Europe to raise awareness of social isolation.

Steve Carr, from Pinehurst, will start peddling from Barcelona on Christmas Day and he won't stop until he reaches Paris – via Montpellier, Cannes, Nice, Turin and Geneva – on New Year's Eve.

Having previously suffered with social isolation, Steve, who earlier this year walked from Land's End to John O'Groats, will be using his personal experience to raise awareness of the debilitating condition.

You can follow Steve's journey via social media by following him on Twitter @mindcanyon

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 latest newsletter can be found [here](#).

Latest news from the CCG

Governing Body

There is an extraordinary meeting of the Governing Body on the **15 December 2016 at 9.30 am** which will last for approximately 1 hour. Papers are available on our [website](#).

The next meeting in public of the Governing Body will take place at the [CCG offices](#) on the **26 January 2016 at 9.30 am**. This is a full Governing Body meeting. 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 **Thursday 26 January 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

T: 01793 683700

Contact Details for the Communications and Engagement Team

Email: communications@swindonccg.nhs.uk

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