



## Patient and Public Involvement Newsletter

July 2017  
Issue 24

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**Swindon**  
Clinical Commissioning Group

### Swindon CCG Annual General Meeting

Our fourth Annual General Meeting took place on Thursday 20 July 2017 at the Pilgrim Centre, Regent Circus, Swindon.

Over 30 people attended and were given a presentation on what we have achieved in the past 12 months and how we have spent public money on healthcare for Swindon and Shrivenham residents.

The second part of the event was dedicated to a presentation on an Accountable Care System for Swindon, followed by a breakout session where attendees were asked for their experiences and suggestions for long term conditions, health and wellbeing and same day urgent care.

The full presentation and our Annual Report and Accounts can be found on our [website](#).

### Become a Donor

Have you ever considered becoming a blood or organ donor but don't know how to go about it? The NHS Blood and Transplant Services are looking for new donors now!

#### Organ Donation

Anyone can register to donate their organs and tissue when they die, regardless of their age.

Becoming an organ donor only takes a few minutes to [register online](#), but can bring a lifetime of health and happiness to those who are waiting for a transplant. Sadly, on average, around 3 people die every day waiting for a suitable organ.

## **Blood Donation**

Over 6,000 blood donations are required every day to treat patients in need across England, which is why there's always a need for people to give blood.

Each year approximately 200,000 new donors are needed as some donors can no longer give blood.

Most people between the ages of 17-65 are able to give blood.

Find out [who can give blood](#), and then [book an appointment](#) to give blood.

## **Blood groups and types needed now**

More donors from all blood groups and types are required but in particular there is a need for more people from black, Asian and minority ethnic communities to give blood so there is a supply of certain blood types.

As part of our #ImThere campaign, the NHS Blood and Transplant service are aiming to find 40,000 black donors to provide much needed blood donations for black patients with sickle cell disease. They need life-saving blood from black donors, which provides the closest match to their own.

Register as a blood donor and [book an appointment](#) to give blood and help someone in need today.

## **National Diabetes Prevention Programme**

**Patients in the Bath and North East Somerset, Swindon and Wiltshire Sustainability and Transformation Partnership (STP) area are set to benefit from expansion of diabetes prevention programme as NHS England drives forward changes to support people to live healthier lives**

The head of NHS England, Simon Stevens, has announced 13 new areas, including Bath and North East Somerset, Swindon and Wiltshire STP are now live and ready to offer a leading NHS prevention programme to patients identified at risk of developing Type 2 diabetes.

Wave 2 of the [Healthier You: NHS Diabetes Prevention Programme](#) is part of a wider package of measures to support people with diabetes and those on the cusp of it, to stay fit, well and prevent further deterioration.

Local people from the Bath and North East Somerset, Swindon and Wiltshire (BSW) area referred on to the programme will get tailored, personalised help to reduce their risk. This will include education on healthy eating and lifestyle choices, reducing weight through bespoke physical exercise programmes and portion control, which together have been proven to reduce the risk of developing the disease.

The programme, which is run collaboratively by NHS England, Public Health England and Diabetes UK, was officially launched last year, with the first wave made up of 27 areas and covering 26 million people - almost half of the country. The latest national figures reveal the programme is making good progress, with just under 50,000 people referred in Wave 1 and more than 18,000 on the programme in at the end of April. This exceeds the original target set in the NHS Mandate of 10,000 referrals during 2017/18.

Wave 2 areas will cover another 25% of the population, with an estimated 130,000 referrals and up to 50,000 additional places made available thanks to the expansion. Funding has also been agreed for another 12 months in the 27 sites currently up and running.

The ambition is for the programme to eventually cover the whole of the country and these figures could rise to as many as 200,000 referrals and more than 80,000 people on programmes by 2018/19.

Early analysis is positive and suggests that just under half of those taking up the programme are men – a much higher proportion than traditional weight loss programmes, while roughly a quarter of people are from BAME communities.

Dr Andrew Girdher, Clinical Lead NHS Diabetes Prevention Programme, BSW, said: “Diabetes is a growing problem and potentially a preventable disease through diet, lifestyle and exercise.

“I am delighted that our STP has been chosen to be part of the second wave of the evidence-based NHS Diabetes Prevention Programme. This is a free locally delivered 9 month rolling programme to target people who are at risk of developing diabetes.

“Those at risk of developing diabetes now have access to this robust programme. I would strongly encourage anyone who has been invited to attend as this is an important step in helping to prevent diabetes and associated ill health.”

Cllr Brian Ford, Swindon Borough Council’s Cabinet Member for Adults’ Health and Social Care, said: “More than 12,000 people in Swindon are diabetic and a further 18,000 are estimated to be at higher risk of developing the condition.

“Swindon is fortunate to be part of the second wave of the evidence-based NHS Diabetes Prevention Programme, which has been designed to help people who are at risk of developing diabetes.

“The service is provided by Reed Momenta locally and I would encourage anyone who has been invited to take part in the programme by their doctors to do so as it is an important step in helping to prevent diabetes and associated ill health.”

## Could you be a Trustee at SAM?

Swindon Advocacy Movement (SAM) is a user led charity and needs new trustees to represent a range of people with care and support needs. They are keen to encourage

people who use health and social care services in Swindon to be on its board of trustees, as well as carers and those who support people to access these services.

If you are interested or would like some more information, please contact Dawn at SAM on 01793 542575.

## 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](#).

A list of current consultations can be found [here](#).

### **People in Health in the West of England**

The latest Newsflash articles 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 **28 September 2017 at 9.00 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](mailto:communications@swindonccg.nhs.uk).

### **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 28 September 2017 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

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