

Patient and Public Involvement Newsletter

May 2018 Issue 30

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NHS 70 - Raise a Cuppa Campaign



NHS charities have launched the NHS Big 7Tea – a chance for people up and down the UK to come together to celebrate 70 years and raise a cuppa, as well as money, for NHS charities.

On 26 April, the 70-day countdown began, with support from GP and TV presenter Dr Hilary Jones. Throughout the NHS, and across the UK, people will invite their friends, brew up for their families, crack open the staff room tea bags and even commandeer their local village halls to celebrate and support NHS charities.

There are over 250 NHS charities in the UK, helping hospitals, mental health trusts, community health trusts and ambulance trusts to go above and beyond to deliver for their patients.

Dr Hilary Jones said: “My father was a GP so the NHS has always been a significant part of my life. The NHS also saved the life of my premature twins. It has made a huge difference to the health of the nation, so initiatives like the NHS Big 7Tea are a wonderful way for people up and down the country to give back.”

However you choose to celebrate and whichever NHS charity you want to support, the dedicated website www.nhsbig7tea.co.uk will provide you with everything you need to host the perfect party. Get your hands on your Big 7Tea pack today and start planning!

Supporting
NHS70



Breast Screening

If you are worried about missed invitations for breast cancer screening, NHS Choices has more information including the hotline number you can call. Visit the website to find out more: <https://bit.ly/2HNV94h>



Place of Safety Suite in Swindon



If you have any comments/views you would like to share about the temporary closure of the Swindon Place of Safety Suite please email: communications@swindonccg.nhs.uk

General Data Protection Regulation

Data protection law changed on 25 May.

The new Data Protection Act 2018 and The General Data Protection Regulation, known as GDPR, give you more control over how your data is used and how you're contacted. The changes will also help to better protect your personal data.

You can be sure that Swindon CCG has taken steps to ensure we comply with the new legislation and will always treat your information fairly and lawfully. Please take time to look through our privacy notice [How We Use Your Data](#) to find out about any data we hold for you, why we hold it and what we use it for.

Tips for hay fever sufferers

We are into the hay fever season. [Check out these tips](#) to help ease your symptoms when the pollen count is high.



Diabetes UK Learning Zone



Are you overwhelmed by advice about how to manage your Type 2 diabetes? You can now get straightforward, personalised, online support from people who have been there. You can find out more about the Diabetes UK learning zone [here](#).

Young People with Type 1 Diabetes #TheBig1

An event is being held in Swindon for young people aged 16-26 years old who are living with Type 1 Diabetes. It will take place at the Swindon Town Football Club on Saturday 16 June 2018, 10:30-16:00.

You'll get to share stories, support and tips with other young people who understand what it's like living with Type 1 Diabetes.

Attendees can bring a 'plus 1' and lunch and snacks will be provided. Under 18's must be accompanied by an adult.

Register for your free place at eu.eventscloud.com/thebig1

For more information

Call **01823 448260** Email south.west@diabetes.org.uk



@DiabetesUK



@DiabetesUK



facebook.com/diabetesuk

It's National Smile Month!

Swindon Borough Council is promoting National Smile Month in a campaign to raise awareness around oral hygiene in children and young people. The campaign runs from the 14 May to the 14 June 2018 with top tips for a healthy mouth including:

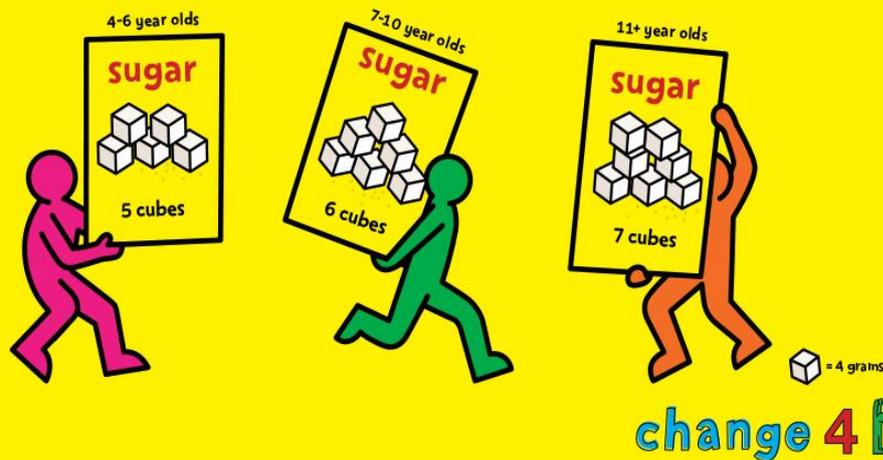
- Brush twice a day
- Start brushing early
- Swap high sugar foods and drinks for healthier alternatives

Top tips
for
teeth

Top
tip

How much is too much sugar?

Here are the maximum daily amounts of sugar for your children



Tips for hay fever sufferers

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Latest News from the CCG

Governing Body

The latest Governing Body meeting was held on 24 May and the papers can be viewed on the CCG's website: <http://www.swindonccg.nhs.uk/list-of-events/2018-governing-body-papers>

The next meeting in public of the Governing Body will take place at the [CCG offices](#) on **Thursday 28 June at 9.00 am**. The papers will be available on our [website](#), one week before the meeting.

If you would like to submit a question to the Governing Body please email it to communications@swindonccg.nhs.uk by Monday 25 June 2018.

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

Operational Plan

The 2018/19 refresh of the CCG's Operational Plan: 2017-2019 can be viewed on the CCG's website [here](#).

2017/18 Annual General Meeting



Save the date for
NHS Swindon Clinical Commissioning Group's

Annual General Meeting

Thursday 19 July 2018
9.30am – 11.30am
The Pilgrim Centre, Regent Circus, Swindon, SN1 1PX

Contact Details for the Communications and Engagement Team

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