

July 2018



Hello,

Welcome to the latest edition of News-Bites from NHS Swindon Clinical Commissioning Group.

It's been a busy few weeks since our last update.

When we haven't been reminding people about how to stay safe in the unusually hot weather or working with parents, carers and families on how to redesign the care given to children with autism, we've been celebrating the 70th anniversary of the NHS, holding our Annual General Meeting and helping people to spot the early signs of bladder and kidney cancer.

In amongst all that, we have still found time to get out and about across Swindon to meet up with our friends and colleagues from various organisations and community groups to learn more about the current issues affecting patients' and local people's health and wellbeing.

It is important for us to know what matters most to the people we serve, so if you have got a question, query or concern about anything to do with healthcare in Swindon, or if you'd just like us come along to your next meeting, do not hesitate in getting in touch. Our contact details can be found on the last page.

Free, safe, anonymous online support for young people

An online counselling service for children is in place in Swindon and Shrivenham.

Kooth gives young people aged between 11 and 18 unlimited access to professional online counsellors, self-help materials and moderated forums, in which they can express their feelings and thoughts confidentially.

It also empowers young people, who may otherwise find it difficult asking for help, to identify their goals and monitor their progress with a counsellor.

Available across seven days, Kooth can be used for free on any device with an internet connection.

For more information go to <https://kooth.com>.



Place of Safety Suite in Swindon

Under Section 136 of the Mental Health Act, police officers can take people, who are experiencing extreme mental distress, to a place of safety.

These are secure locations in which mental health professionals can work with people to assess their needs and work out what are the best next steps for them.

A place of safety is not an admission ward, but a supported environment where a person with a potential mental disorder can receive short-term care.

Until its temporary closure in March 2018, Swindon's place of safety was located at Sandalwood Court.

[Click here](#) to find out more about the temporary closure and how you can share your views.

If you would like to meet with a member of the CCG to share your views in person, please contact the Communications and Engagement Team in one of the following ways:

Email: communications@swindonccg.nhs.uk

Telephone: 01793 683700



Be Clear on Cancer - Blood in your pee?

Public Health England recently launched a new campaign to help people spot the early signs of bladder and kidney cancer.

Supporting people to be clear on cancer, the new campaign encourages people to speak to their doctor if they notice blood in their pee.

Dr Dawn Harper, TV Doctor and GP, said: "I'm urging people to be vigilant to changes in their body and to check their pee.

"If you do notice blood, it's probably nothing serious, but it's always worth checking.

"It's vital that people don't put off getting help. When it comes to cancer, early diagnosis saves lives."

Find further information about the signs and symptoms of bladder and kidney cancer by clicking [here](#).



Mental health care for veterans

NHS England has published the attached leaflet on NHS veterans mental health services, which is available [online](#).

This follows requests from veterans, their families and MPs for clear information on the dedicated mental health services available for ex-forces personnel.



Getting a better insight into Swindon's lesbian, gay, bisexual and transgender (LGBT) community

A new joint strategic needs assessment for lesbian, gay, bisexual and transgender people in Swindon has been published.

The production of the new report, which contains detailed facts and figures on everything from how many local people describe themselves as gay or lesbian to the number of young people considering gender reassignment, was supported by the CCG's Lynnette Glass, Quality Lead for Projects.

[Click here](#) to read the full report or [click here](#) to view the seven-page summary version.



Seventy apps in honour of NHS anniversary

Patients can now access personalised advice, self-care and signposts to health services through a new range of mobile apps.

More than 350 developers have worked on the new apps, which have released to mark the 70th anniversary of the NHS.

The new apps cover a diverse range of topics including:

- Support to prevent and manage diabetes
- Mental health (including managing thoughts, feelings, behaviour and panic attacks)
- Personal wellbeing and healthy lifestyles



- Chronic conditions, such as asthma and high blood pressure
- Cancer support

Find out more by visiting the [NHS Apps Library](#).

Stay healthy this summer

For most people, summer is an enjoyable time of year as it means getting outdoors, being active and spending time with family and friends.

But there can be risks associated with summer.

The warmer conditions can catch even the most sun-savvy person off guard, so follow these links to find out how to keep yourself, as well as your family, safe this summer.

Heat exhaustion and heatstroke

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

Dehydration

<https://www.nhs.uk/conditions/dehydration/>

Sun safety

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

Festival safety

<https://festival-medical.org/health-promotion/>



Dad Pad launched to support new dads

Dads and dads-to-be in Swindon can receive parenting tips direct to their smartphone with the help of a new app.

Containing practical information and advice on topics ranging from changing nappies, feeding and how babies like to be held, Dad Pad aims to support new dads and help them to feel more confident about fatherhood.

Visit the website to download the app and to find out more: www.thedadpad.co.uk/app.



Surgery of the Year nomination for Swindon practice

Abbey Meads Medical Practice is hoping to cap off an already impressive and memorable 2018 by adding Surgery of the Year to its growing list of achievements.

The North Swindon-based surgery is one of 80 from across the country to have been shortlisted for the prestigious honour at this year's General Practice Awards.

Having already set the bar high with a glowing report from the Care Quality Commission earlier in the year, staff are hopeful their winning streak continues.

Robin Somers, Practice Manager, said: "To be included in a list of the country's best GP practices is an honour in itself."

The General Practice Awards, which take place in November, aim to highlight and showcase the very best examples of hard work, innovation and dedication from across the primary care sector.

Surgery of the Year is a new category for 2018 and will see 81 practices from across the country compete for the coveted title.

People can help Abbey Meads Medical Practice secure the Surgery of the Year title by texting choice1 to 60777 before Friday 10 August.



Train like a Jedi

Children are being encouraged to get active this summer and train like a Jedi.

A new initiative from Change4Life, Sport England and Disney, the campaign teaches young people how to get fit through mastering the moves of a Jedi knight.

Olympic gold-medallist Jade Jones shows children how to recreate the moves of their favourite Star Wars characters in an online video, which can be watched by [clicking here](#).



Patient Transport Advice Centre

From 1 July 2018, patients in Swindon have had to call a new number when requesting non-emergency transport to hospital.

All requests are now made through the new Patient Transport Advice Centre (PTAC), which can be reached by calling 01278 727401.

The service is open weekdays between 8.30am and 6.30pm.

A PTAC information leaflet is attached to this email.



For your information and interest

- Disability experts C.I.C are having an open day on Thursday 16 August. More information about this event is included in the leaflet attached to this email.
- The Swindon Allotment Project Open Day is taking place on Friday 17 August. More information about this event is included in the leaflet attached to this email.
- Job vacancies at the CCG are advertised on the national NHS Jobs website. [Click here](#) or visit www.jobs.nhs.uk to have a look.
- A new app to help university students take better care of their health is now available to download. Providing relevant and reliable information on more than 150 mental and physical health issues, the free Student Health App can help students to make informed decisions about their physical health and mental wellbeing. More information is available [here](#).
- Brisk walking is an easy way to improve your lifestyle. Download the Active 10 app to help set goals and monitor progress.
- The summer edition of the NHS England Easy Read newsletter is out now. Click here to read it online or email engage@nhs.net to request a paper copy.
- The Healthwatch Swindon Annual Report 2017/18 can read by [clicking here](#).
- Sign up to the NHS choices Your Health newsletter by [clicking here](#).
- Read the NHS England Learning Disability Newsletter: Summer 2018 by [clicking here](#).
- Find out about the Swindon Mind BeActive project by [clicking here](#).

Governing Body

The latest Governing Body meeting was held on 26 July 2018 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 will take place at the CCG offices on Thursday 23 August at 9.00am.

The papers will be available on our website, one week before the meeting.

If you would like to submit a question or attend the meeting, please send an email to communications@swindonccg.nhs.uk by Monday 20 August 2018.

Annual General Meeting

The CCG's Annual General Meeting took place on Thursday 19 July at the Pilgrim Centre in Swindon town centre.

An opportunity to hear about the CCG's highlights and challenges of the last 12 months, it was attended by more than 40 people from across Swindon and Shrivenham.

Following a presentation by the members of the Executive Team, attendants were invited to take part in roundtable discussions about how services for older and frail people in Swindon could be improved.

Presentations from the day can be seen online by [clicking here](#).



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