



Patient and Public Involvement Newsletter

May 2016
Issue 12



Swindon

Clinical Commissioning Group

Welcome to Swindon Clinical Commissioning Group's (CCG) Patient and Public Involvement e-Newsletter. The newsletter is issued monthly. We hope you find it useful and informative and any feedback you have is welcomed.

Swindon CCG is the name of the NHS organisation in Swindon that buys (commissions) local healthcare services. Swindon CCG has been formed from GPs within Swindon and Shrivenham to create a clinician led commissioning group.

Helping You Keep Well – How to Work Out at Home



Cardio (or Cardiovascular) exercise is movement that gets your heart rate up and increase blood circulation throughout the body. Whether you are looking to improve the condition of your heart (remember it's a muscle), lose weight, clear your mind or just generally improve your health, cardio exercise will help you. The NHS has a [10 minute home cardio workout](#) to get you started until you are ready to move for longer.

Walking is a great way to get more active and you can literally do it anywhere, and in any way that suits you. If you are ready to take on the next step, the [Couch to 5K programme](#) can take you from walking to running or jogging 30mins confidently within 9 weeks. If you are looking for people to run with, there is a [parkrun](#) at Lydiard Park who run 5K every Saturday morning.

There are other ways to get your heart pumping around the home - grab that old dusty skipping rope or put on some music and dance! Bopping around for 15 minutes to your favourite tunes will not only work your heart, it will put a smile on your face as well.

Strength and resistance exercises can help strengthen your muscles and improve mobility. They are generally done on the spot and may not leave you panting like cardio exercise but they definitely work the body to increase fitness, improving health. Some of these types of exercise use tools like weights or resistance bands but that shouldn't stop you. Just take a look in your cupboard and put your tins of baked beans or bags of rice to good use!

The NHS have put together a [10 minute home toning workout](#) for general all over fitness, and also have workouts focusing on legs, bums and tums and one specifically for bingo wings!

No matter what your age, to help prevent injury and reduce joint pain, add some strength and flexibility exercise to your routine. These kinds of workouts help with balance, reducing the risk of falls, and strengthen muscles for mobility. Yoga, Pilates and Tai Chi are examples of flexibility exercises, but you can easily incorporate some simple exercises into your routine without taking a class. The NHS has developed a [Strength and Flexibility podcast](#) with instructional videos that will help you increase your fitness levels in 5 weeks. For people who are less mobile, there is also a selection of gentler exercises that will keep you active without overdoing it.

Friends and Family Test



The Friends and Family Test, which forms part of a wider national NHS survey, is a way for patients, along with their friends, relatives and carers, to tell NHS services not only what went well during their visit, but also where improvements can be made for the benefit of future patients. The Great Western Hospitals NHS Foundation Trust is reminding its patients not to leave hospital before giving honest feedback of their experience.

Based around the principle of whether the patient would recommend the Great Western Hospital to others, the Friends and Family Test also asks the patient to rate a number of factors which could affect experience, such as waiting time, cleanliness and information provided by staff.

The test, which is in use across all hospital wards and departments, is given to patients on their departure from hospital, with the scores then collated into a monthly report to give staff an insight into their performance through the eyes of patients.

One of the most reviewed areas of the GWH is the Emergency Department, which received more than 100 Friends and Family Test submissions during March 2016.

Last month, more than 88 per cent of patients said they would recommend the Emergency Department, which also scored an average of four-and-a-half stars out of a possible five among patients.

The test also gives patients and their family the opportunity to raise complaints and concerns with the hospital directly.

For example, the hospital recently introduced a new process whereby sensitive conversations with patients and their relatives are now held in private following feedback collected through the Friends and Family Test.

CQC Inspection of South Western Ambulance Service NHS Foundation Trust



The Care Quality Commission (CQC) is the independent regulator of all health and care services in England. The CQC will be inspecting services provided by South Western Ambulance Service NHS Foundation Trust in June 2016 and your experiences of services help them to understand what is good and bad about the care provided by this service.

If you wish to provide feedback, please get in touch using the contact details below.

www.cqc.org.uk/sye
tellus@cqc.org.uk
03000 616161

Design Together, Live Better



Design Together,
Live Better

Design Together, Live Better is a citizen-led design initiative from the West of England Academic Health Science Network to help people living with challenging health conditions improve their quality of life and maximise independence.

Design Together, Live Better is all about connecting citizens interested in creating and being part of designing new, innovative healthcare products with innovators of new technologies and solutions, whether you are a patient, carer, family member, friend or just interested in health.

You can sign up to the Design Together, Live Better Community by visiting the website:
<http://designtogetherlivebetter.org/join-our-community/>

By joining the community, you will be able to:

- Co-create and co-design new health solutions
- Beta-test innovative products in development
- Help shape new concepts and developments
- Tell about your needs and what solutions you want to see developed.

Sustainable Transformation Plan



Over the next few months, leaders from health and care organisations from Wiltshire, Bath and North East Somerset (BANES) and Swindon will be working together to develop a 'Sustainability and Transformation Plan' (STP) so that the aims of the **NHS Five Year Forward View** – improved health and wellbeing, transformed quality of care delivery, and sustainable finances – can become reality. The collaboration gives the opportunity to make big changes to the way we address the needs of local people at a time when quality, services and finances are all under immense pressure.

The BANES, Swindon and Wiltshire (BSW) plan is being led by James Scott, Chief Executive of Royal United Hospital in Bath, a position he has held since 2007. James will oversee and coordinate a team drawn from the leaders of each of the health and social care organisations included in our STP 'footprint' area. During this time, James will continue with his responsibilities as CEO of the RUH.

This means that BSW plan brings together our three hospitals (Royal United Hospital, Great Western Hospital and Salisbury Foundation Trust), the three Clinical Commissioning Groups; BANES, Swindon and Wiltshire Councils, South West Ambulance Service and Avon and Wiltshire Mental Health Partnership Trust. The providers of our community services – Wiltshire Health and Care, SEQOL and Sirona and the Wessex Local Medical Committee (representing GPs from across the BSW area) complete our organisational grouping. Working together to cover a combined population size of approximately one million people, the BSW grouping will bid for and receive a transformation fund from 2017/18 onwards, which will be used to pay for health and social care services for people living in our area.

You can read more about Sustainability and Transformation Plans, how they will work across the country and what they mean for the NHS [here](#).

Walk a Mile in My Shoes



As part of Carers Week (6-12 June 2016), Swindon Carers are asking you to Walk a Mile in Swindon town centre to raise awareness for unpaid carers. Unpaid carers save the Swindon economy £395 million per year.

Proceeds from the walk will go to the Swindon Carers Centre.

To register for the event, please contact Heather on 01793 531133 or visit the website for more information:

www.swindoncarers.org.uk/get-involved/fundraising

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

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 **26 May 2016 at 9.30 am**. 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 April PPI meeting can be viewed [here](#).

The next meeting of the PPI Forum is on **Monday 23 May 2016** at the **Swindon Advice and Support Centre, Sanford Street, Swindon.**

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

Telephone: 01793 683700