



Patient and Public Involvement Newsletter

June 2016
Issue 13

NHS
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 – Men's Health Week – 13-19 June 2016



This year, one in four of us will develop a mental health problem. That is odds of 3 to 1. Or about the same as France or Germany winning the Euro 2016 football. In other words, it's likely to happen sooner or later if we let stress build.

Men's Health Week 2016 focusses on stress and what you can do to help yourself or someone you know.

There is a wealth of information and resources on their website and you can sign up for information by ticking the Men's Health Week box.

<https://www.menshealthforum.org.uk/mhw>

The message to men is to talk about how you beat stress, talk about what causes it. Talk to your mates, talk to your family. And if you want to talk to a professional, try the Men's Health Forum's new Beat Stress service – free text chat with experts trained in beating stress, no names, no hassle. The service has been launched this week. Visit the [Mens Health Forum](https://www.menshealthforum.org.uk) for further information.

Don't Let Cervical Screening Drop Off Your To Do List



It's Cervical Screening Awareness Week, which presents an opportunity to remind women about the importance of not missing a cervical screening. Cervical cancer is largely preventable, but sadly still affects around 3,000 women each year.

Screening can allow for almost all cervical cancers to be detected and treated before they have a chance to develop. In recent years there has been a worrying decline in the number of women attending for screening and an increase in detection rates of more advanced cervical cancer.

All women aged between 25 and 64 are invited for cervical screening every three to five years. The procedure is used to detect abnormal cells which, if left untreated, could lead to cancer in the cervix.

Please don't ignore your invitation and if you think you are due a screening but haven't been notified, please contact your GP.

Diabetes 2 and Me – Training Course

**TYPE 2
DIABETES
AND ME
TRAINING
COURSE**

Finding out you've got type 2 diabetes can be an overwhelming.

This course has been designed to help you understand and start managing your condition. From diet to treatments and where to get support, you'll find all the information you need right.

Visit the [Diabetes UK Website](#) for further information.

Cycle Swindon



Swindon is a great place to cycle, and now there are even more opportunities to get out and about on your bike in the area.

Find out more about rides coming up in Swindon on the Sky Ride website [here](#).

Plain Cigarette Packaging is now here!



Last year MPs voted in favour of plain, standardised cigarette packaging. From 20 May 2016 standard packs are now on the shelves and children will be protected from glitzy tobacco products.

The new tobacco advertising rules are:-

- All tobacco packaging in the UK must be uniformly olive green and with large images as health warnings
- Hand-rolled tobacco must be in the same colour and contain minimum of 30g of tobacco
- Packs of 10 cigarettes will be banned
- Picture health warnings must cover 65% of the front and back of every packet of cigarettes, with additional warnings on the top
- Menthol cigarettes and skinny "lipstick-style" cigarettes will be banned in the UK by 2020
- Promotional statements, such as "this product is free of additives" or "is less harmful than other brands", are banned
- New rules introduced on the amount and strength of liquid allowed in e-cigarettes and herbal products
- Companies have a year to comply

Case Studies Required



Public Health England are looking for case studies for the upcoming "Be Clear On Cancer Respiratory Symptoms campaign".

For the forthcoming campaign they are looking for people that have been affected by conditions which present with the key symptoms; a persistent cough (a symptom of lung disease including lung cancer and COPD) and inappropriate breathlessness (as a symptom of lung disease and heart disease) to be case studies.

The ideal case study would meet the following criteria:-

- Aged 50 or over when diagnosed
- Diagnosed with lung cancer, COPD or heart disease at an early stage
- Experienced symptoms on campaign advertising/campaign materials (i.e. inappropriate breathlessness/were getting out of breath doing things they used to be able to do; had a cough for three weeks or more)
- Went to GP (i.e weren't diagnosed via A&E)
- Good experience with the NHS
- Have completed their treatment or condition is under control

If you would be interested in being a case study, please contact the Communications Team (details below) in the first instance. You must be happy to be involved and to potentially have your story published in media (i.e give your name and perhaps a picture).

E: Communications@swindonccg.nhs.uk

T: 01793 683700

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 June edition of the NICE Public Involvement Newsletter is now available and can be viewed [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 July 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 PPI meetings can be viewed [here](#).

The next meeting of the PPI Forum is on **Thursday 23 June 2016** at the [CCG Offices, Pierre Simonet Building, North Latham Road, Swindon, SN25 4DL](#)

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