



Patient and Public Involvement Newsletter

November 2016
Issue 18



Swindon

Clinical Commissioning Group

Swindon CCG is now on Social Media



You can now follow us on Twitter (@swindonccg) and Facebook (NHS Swindon CCG).

Through social media, we will keep you updated of consultation and engagement events as well as providing health advice and sharing important messages from other organisations.

STP Summary Plan Released

Health and care organisations across Bath and North East Somerset (B&NES), Swindon and Wiltshire have released a summary of their Sustainability and Transformation Plan ahead of full publication in the coming weeks.

Overall, across B&NES, Swindon and Wiltshire (BSW) the standard of health and care services compare well to other areas of England. However, there are still improvements that need to be made to make sure services are the best they can be – and are sustainable now and in future years. Health organisations have joined with local authority partners and other key stakeholders to work together to create the shared five-year vision to meet the increasing health and care needs of our population - while ensuring services are sustainable and affordable.

Whilst we recognise that we are at an early stage in the planning process, we are sharing this summary to begin to build on work undertaken to date with our clinical and non-clinical teams and share our current thinking ahead of wider engagement.

Our summary sets out our emerging priorities to improve health and care services for the 874,000 people who use our services. It proposes new ways of working together in order to meet the many challenges facing the health and care system and provides the framework within which detailed proposals for how services across B&NES, Wiltshire and Swindon will develop between now and 2020/21.

A key theme throughout the STP is an increased focus on preventing ill health and promoting peoples' independence through the provision of more joined up services in or closer to peoples' homes.

Five priority areas have been identified as key programmes of work:

- More focus on prevention of ill health and earlier intervention
- Transforming Primary Care
- Making best use of technology and our public estate
- A modern workforce
- Improved collaboration across our hospital trusts

The BSW Sustainability and Transformation Plan summary is available to download at:

<http://bit.ly/2fUq9QX>

Flu Jabs for the Over 65s and those with Long Term Conditions



If you are aged over 65 or have a long term health condition, you are eligible for a free flu vaccination.

Long term conditions include these types of illnesses:

- chronic (long-term) respiratory diseases, such as asthma (which requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past), chronic obstructive pulmonary disease (COPD), or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease or motor neurone disease
- diabetes
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medication such as steroid tablets or chemotherapy

This list of conditions isn't definitive and is always an issue of clinical judgement.

Your GP can assess you individually to take into account the risk of flu exacerbating any underlying illness you may have, as well as your risk of serious illness from flu itself.

The vaccine should always be offered in such cases, even if you are not technically in one of the risk groups above.

If you live with someone who has a weakened immune system, you may also be advised to have a flu vaccine. Speak to your GP or pharmacist about this.

Stay Well This Winter – Norovirus



Norovirus causes viral gastroenteritis, which is characterised by the sudden onset of vomiting and/or diarrhoea, it can spread rapidly in closed environments.

If you are ill over this winter, please read the following advice:

- Stay away from work until you have been free of symptoms for at least 48 hours and avoid contact with others where possible
- Keep hydrated by drinking fluids as tolerated
- If symptoms persist (more than 48 hours), phone the GP or the NHS non-emergency number 111 for advice
- Wash hands thoroughly with soap and water regularly but particularly after toilet visits and before eating and handling food. Alcohol hand gel is not effective against norovirus
- Do not visit friends or relatives in hospital or residential care homes as there is a real risk of introducing the infection to the establishment
- Do not handle or prepare food for other people until symptom free for at least 48 hours

Become an Antibiotic Guardian



Antibiotic resistance is one of the biggest threats facing us today and the overuse or misuse of antibiotics is making the problem worse. Without effective antibiotics many routine treatments will become increasingly dangerous. Setting broken bones, basic operations, transplants, even chemotherapy all rely on access to antibiotics that work. To slow resistance, we need to cut the use of unnecessary antibiotics.

Antibiotic Guardian is a campaign run by Public Health England and a range of partners. Health professionals, patients, health leaders and those who work with, own or treat animals are being encouraged to visit www.antibioticguardian.com and choose a pledge that they can fulfil and play their part in protecting some of our most precious medicines.

Swindon Central Bus Station Goes Smokefree



The Central Bus Station is now a smokefree zone, so passengers and staff can enjoy a cleaner and healthier environment.

The voluntary ban, which took effect on Monday 31 October 2016, means smoking on the premises is no longer permitted, except in the allocated smoking area.

Smokers who want to quit are encouraged to call on the Swindon Stop Smoking Service, which offers free expert 1-1 advice and practical guidance as well as nicotine replacement options. Getting professional support is proven to significantly increase the chance of quitting successfully.

For free advice and help call 0800 3892229 or 01793 465513, text 07881 281797 or email LiveWell@swindon.gov.uk
Pharmacies or GPs also offer support to stop smoking.

Carers Cuppa



Are you looking after an adult with a learning disability? If so, Swindon Carers Centre are holding a Carers Cuppa on Monday 12 December between 1 and 2.30 pm at Sandford House. Meet others, chat, share stories and think about how the Carers Centre can influence local decision making about services available for carers and the people they care for. There will be free tea, coffee and biscuits.

Contact Becky Gammon/Heather Goldsmith at the Swindon Carers Centre for more information on 01793 401095.

We need you!



The CCG is constantly looking to engage with more patients, public members and voluntary groups in the work that we do and are currently looking to recruit new members to our Public and Patient Involvement Forum (PPI Forum).

The PPI Forum meets once a month at the CCG offices and its purpose is to hold the CCG to account for how we involve local people in the design and commissioning of health services. This committee is made up of public, patients, voluntary organisations, Healthwatch Swindon and senior members of the CCG.

Further details of our PPI Forum can be found on our [website](#).

If you would like to attend a meeting to see whether it is for you, please contact our Communications and Engagement Team at communications@swindonccg.nhs.uk or by telephoning 01793 683700.

Swindon Carers Centre Annual Report



The Swindon Carers Centre Annual Report is now available to read [online](#).

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](#).

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 **24 November 2016 at 9.30 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.

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 24 November 2016 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

T: 01793 683700

Contact Details for the Communications and Engagement Team

Email: communications@swindonccg.nhs.uk

Telephone: 01793 683700