



# Patient and Public Involvement Newsletter

February 2017  
Issue 21

**NHS**  
**Swindon**  
Clinical Commissioning Group

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## When Stroke Strikes, act F.A.S.T and dial 999



NHS Swindon Clinical Commissioning Group is supporting the national Public Health England Act F.A.S.T. campaign, which aims to raise public awareness of the symptoms of stroke and encourages people who recognise any single one of the symptoms of stroke to call 999 immediately.

The F.A.S.T. acronym is easy to remember, can help people to identify the most common signs of a stroke and emphasises the importance of acting fast by calling 999.

- Face – has their face fallen on one side? Can they smile?
- Arms – can they raise both arms and keep them there?
- Speech – is there speech slurred?
- Time to call 999

Other symptoms to be aware of that may occasionally be due to a stroke includes:

- Sudden loss of vision or blurred vision in one or both eyes
- Sudden weakness or numbness on one side of the body
- Sudden memory loss or confusion
- Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other symptoms

Acting F.A.S.T. as soon as you recognise one, or more, of the stroke symptoms can not only save lives but also help to limit long-term effects associated with stroke.

Approximately 110,000 people have a stroke each year in England. It is the third largest cause of death, and the largest cause of complex disability – over half of all stroke survivors are left with a disability.

## Sustainability and Transformation Plans



**SUSTAINABILITY &  
TRANSFORMATION  
PLANS**

NHS England have created a short animation video to explain how and why STP proposals are trying to improve the health and care for patients.

You can view the video [here](#).

We have details of the Wiltshire, Swindon and BaNES STP on our [website](#) or you can find out further general information on the NHS England [website](#).

## Advice to Quit Smoking Ahead of Surgery



The Royal College of Surgeons of Edinburgh has launched a campaign and a leaflet to encourage patients to quit smoking ahead of surgery to reduce the risk of complications and improve their chances of survival.

For some operations the risks associated with smoking are so significant that surgeons will not carry out the procedure until a patient has quit.

The leaflet can be downloaded [here](#).

## Involvement Opportunities



People in Health West of England have a number of involvement opportunities and workshops for members of the public to sign up to and get involved with. Full details can be found [here](#). The events include:

- Involvement Opportunity: Stroke recovery
- Involvement Opportunity: Chemotherapy
- Involvement Opportunity: Health Systems Involvement Panel
- Involvement Opportunity: PPI Reference Group
- Involvement Opportunity: Advisory Panels
- Involvement Opportunity: Dementia
- Involvement Opportunity: Survey of carers of people with dementia
- Workshop: Using and Understanding Research Evidence
- Seminar: Potential of Online GP consultations

If you wish to be involved or find out any more details, please contact [enquiries@phwe.org.uk](mailto:enquiries@phwe.org.uk) or telephone 0117 342 1251.

## Ageing Well in a Dementia Friendly Swindon Community Network Event



Healthwatch Swindon are hosting an Ageing Well in a Dementia Friendly Swindon community network event at the Civic Offices, Swindon Borough Council on **Friday 17 March 2017 from 9.15 am to 1.15 pm.**

Speakers will include Martin Kelly, Safe Places and John Kirk, Swindon Dementia Action Alliance.

Agenda items will also cover the following:

- Keeping Active and Healthy
- Dementia Services & Dementia Design
- Services available at Sanford House
- Library & Information services
- Volunteering opportunities

There will also be a market place of useful information.

For further details and to register your interest to attend click [here](#).

## Have you or a loved one had a Dementia Diagnosis?



Healthwatch Swindon are working with the Alzheimer Society and would like to hear from local people who have had a dementia diagnosis in the last twelve months. They would very much like to hear about experiences and how services and support was for you, your family or carer.

If you would like to be involved, please contact Healthwatch Swindon on 01793 497777 or [info@healthwatchswindon.org.uk](mailto:info@healthwatchswindon.org.uk)

## 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 **23 March 2016 at 9.00 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](mailto: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 2 March 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](mailto:communications@swindonccg.nhs.uk)

T: 01793 683700

## **Contact Details for the Communications and Engagement Team**

Email: [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk)

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