



## Patient and Public Involvement Newsletter

June 2017  
Issue 23

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**Swindon**  
Clinical Commissioning Group

### Swindon CCG Annual General Meeting

Our Annual General Meeting will be taking place on the morning of Thursday 20 July 2017.

Registration is at 9.15 am.

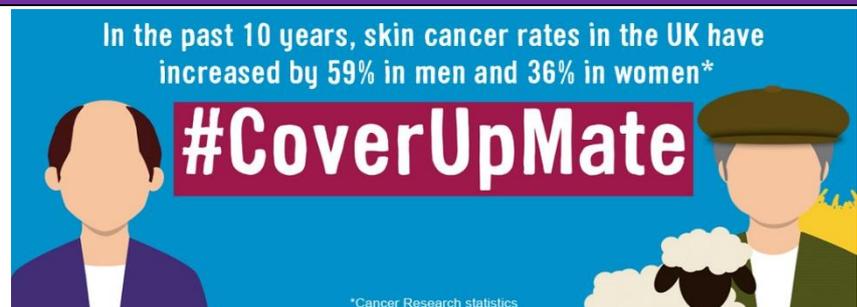
Come along and hear about our highlights over the past year and hear about plans for an Accountable Care Alliance in Swindon.

You can [register for the event here](#).

Alternatively, contact [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk) or telephone 01793 683700.

### Cover Up Mate Campaign

Men who spend long periods of time outdoors are being urged to protect themselves against the sun this summer amid a rise in the number of people being diagnosed with skin cancer in the South of England.



Farmers, builders, sportsmen and gardeners are all being targeted by NHS England South's "Cover Up, Mate" campaign because of their prolonged exposure to the sun – and men are a particular focus because research indicates that they are much less likely than women to slap on the sunscreen.

Latest statistics from Cancer Research show that since the late 1970s, skin cancer incidence rates have more than quadrupled (360% increase) in Great Britain. The increase is larger in

males where rates have increased more than six-fold (544% increase), than in females where rates have more than tripled (263% increase).

Latest statistics from Public Health England show that in the South West there was a 31.9% rise in incidence of malignant melanoma between 2009 and 2014, from 1,444 cases to 1,906 cases. There was also a 14.5% rise in mortality from malignant melanoma, from 248 deaths in 2009 to 284 deaths in 2014.

Many local areas across the South have higher rates of malignant melanoma than the national average.

Being outdoors is clearly crucial for farmers, builders, gardeners, Post Office workers and others, and for people who take part in a lot of outdoor sport, but there are simple steps can be taken to lower the risk of skin cancer and be sun safe.

Men in particular need to take much more care. They need to use at least factor 15 sunscreen and apply it generously on all exposed skin – not forgetting their necks, ears and bald patches!

Sunburn increases your risk of skin cancer which can develop slowly over time. So while sunburn might feel better in a few days, it may have done long term damage which could be fatal.

Top sun safe tips include:

- Use at least factor 15 sunscreen in the sun and use plenty of it
- Apply sunscreen to all exposed skin – don't forget your neck and ears and your head if you have thinning or no hair
- Wear sunglasses and a hat
- Take particular care if have fair skin, moles or freckles, red or fair hair, or light-coloured eyes.

## Diabetes Transformation Programme Survey

Swindon CCG has set up the Community Led Diabetes Transformation Programme to improve diabetes care in Swindon. The aim of the programme is to allow patients to be cared for closer to home where appropriate. We want to hear the views of diabetes patients. We want to understand your experiences of diabetes care and listen to your suggestions for an improved service.

Diabetes is a complex long term condition with 12,924 patients in Swindon on the diabetes register which equates to a prevalence rate of 7.1%, higher than the England average of 6.6% (2015/16). There are a lot of people in Swindon living with this condition.

You can help us shape diabetes care in Swindon by telling us what you think. We are particularly interested in your views around diabetes education, the community diabetes service and the foot service. It would be great to hear from you and your views on services. Listening to patient's experiences, good and bad, can help us shape Swindon diabetes services in the future.

We would be grateful if you, or anyone you know with diabetes, could [complete the survey](#) to help us understand the care needs of Swindon and Shrivenham patients.

## Diabetes UK Swindon Group July Meeting

The next meeting of the Swindon Group of Diabetes UK will be held on Tuesday 4 July at 7.15 pm at the Broadgreen Centre, Salisbury Street, Swindon.

The guest will be Lottie Parkin from local company Wiltshire Farm Foods. She will demonstrate products from their "Healthy and Nutritious" range including diabetic options, healthy meals and reduced sugar puddings that could be especially suitable for persons with diabetes, as well as other dietary ranges that might also be of interest.

Admission is free to anyone interested in diabetes and its management. A selection of Information Leaflets will be available, as will loans from the Group's library of diabetes Reference Books.

Light refreshments will be served.

Further details are available from Matthew Spencer on 01793 851229 or via <http://swindon.diabetesukgroup.org>

## Education Courses from LIFT Psychology

LIFT Psychology in Swindon are offering two courses for people living with Diabetes and Long Term Conditions.

### Living Well with Type 2 Diabetes

This free course will help you to do and think about things differently so that you can better manage type 2 diabetes.

It is a taught course, run in a group format, so although there will be some group discussion it is up to you how much or how little you choose to take part.

This course is held at 2nd Floor, Old Town Surgery, Curie Avenue, Swindon SN1 4GB

It starts on Monday 3rd July 2017 and runs for 4 weekly sessions from 6:30pm to 8:30pm.

To attend, you must be registered at a GP practice in Swindon.

To reserve a place ring 01793 835710 or 835711 or visit [www.seqol.org/lift-psychology](http://www.seqol.org/lift-psychology)

### Living Well with Long Term Conditions

Do you have Cardiac issues, Chronic Obstructive Pulmonary Disease or Type two Diabetes and would like to learn some tools and techniques to help improve your mood? Then you

may be interested in Lift Psychology's free online program. It can be accessed from home and is supported by your own trained practitioner. This is based on a psychological approach called Cognitive Behavioral Theory (CBT), which has been shown to be helpful for many people with long term health conditions.

Topics covered include:

- Understanding how your health impacts on your mood
- The process of coping with a change in your physical health
- Techniques for managing difficult thoughts
- Communication skills
- Ways to maximise your wellbeing

To access this free course please email: [lift.psychology@nhs.net](mailto:lift.psychology@nhs.net)

## Patient Stories



Do you have a good or bad health care experience that you would like us to know about?

Our Governing Body are keen to hear from Swindon and Shrivenham people to find out more about your experiences of using local health services. This is a great opportunity to tell your story! We can share your experiences as a voice recording, film, or written account – whatever you prefer. There is no need to include your name if you do not wish to do so. We can arrange to meet with you to discuss your

story at a time and place convenient for you. If you would like to arrange a meeting or would like more information, please contact the Communications and Engagement Team at [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk) or on 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 latest newsletter can be found [here](#).

A list of current consultations can be found [here](#).

### **People in Health in the West of England**

The latest Newsflash articles 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 **20 July 2017 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).

### **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 20 July 2017 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)

Telephone: 01793 683700