



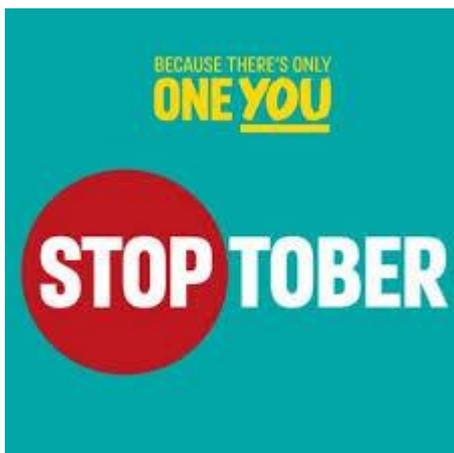
Patient and Public Involvement Newsletter

September 2017
Issue 26

NHS
Swindon
Clinical Commissioning Group

Follow us  @swindonccg  nhs swindon ccg

Stoptober



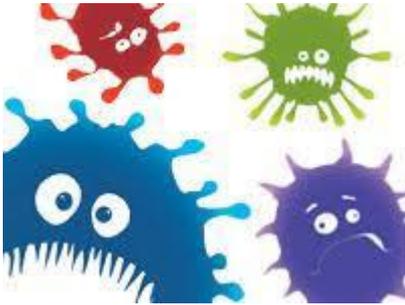
Smoking damages your body in many ways. From the day-to-day effects on your heart and your breathing, to longer-term smoking-related diseases such as heart disease, cancer and stroke. Your smoke can harm your family's health, too.

If you smoke, quitting is one of the best things you'll ever do for your health. As soon as you stop smoking you'll see the benefits to your everyday life, health and wallet. And your family will thank you for it, too.

There are lots of ways to quit, from using nicotine replacement therapies or e-cigarettes, to free quit tools and expert support from local NHS stop smoking services. You can put together a package that fits into your lifestyle.

Stoptober can help you quit. If you can stop smoking for 28 days, you are five times more likely to quit for good. Visit the [Stoptober](#) section of the One You website for all the support you need to quit.

Flu Facts for Carers



Calling all carers!

Did you know that you are eligible for a **FREE** flu vaccine this winter?

Top five flu facts for carers:

- If you are the main carer for someone with a long-term health condition or disability, you are eligible for a **FREE** flu vaccination
- As long as you're a carer, there is no age restriction for having this vaccine
- You can have your flu vaccine at your GP surgery or in a participating pharmacy
- You cannot catch flu from the vaccine – it doesn't contain any live viruses
- It is recommended that you get vaccinated every winter to make sure you are protected against new flu viruses

What is 'the flu' and why should I get vaccinated?

Influenza (The 'flu') is a common infectious illness that, for most healthy individuals, is an unpleasant but self-limiting disease. However, for older people or those with underlying health conditions, there is an increased risk that the flu will lead to serious complications. To help protect yourself and the person you care for, the NHS recommends that you have a flu vaccination each winter.

Where can I get vaccinated?

You can have your free flu jab at your **GP surgery** or **participating pharmacy** from October each year. Ask your GP or local pharmacy when they are running clinics.

For further information, [click here](#) on the NHS Choices website.

Treatment for Minor Ailments



People in Swindon and Shrivenham are reminded that minor ailments and illnesses such as upset tummies or coughs and colds can be easily treated with an over-the-counter remedy. Your local pharmacy can provide expert advice on medication, so a GP appointment is not always required. [Read more.](#)

A full list of pharmacies, along with their opening times, is available on our [website](#).

World Alzheimer's Month



September is World Alzheimer's Month, and the National Institute for Health Research (NIHR) is highlighting the importance of dementia research, and how you can get involved.

[Click for more info](#)

Falls Prevention Exercises



The Chartered Society of Physiotherapy has developed an online animation which highlights a short series of safe and effective exercises older people can do on a regular basis to increase their muscle strength and reduce their likelihood of falling.

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

Diabetes UK Swindon Group Meeting



The next meeting of the Swindon Group of Diabetes UK will be held on Tuesday 3 October at the Broadgreen Centre, Salisbury Street, Swindon, commencing at 7.15 pm.

The guest speaker will be Consultant Clinical Psychologist Lesley Hitchman. She will give a presentation titled "The Psychological Aspects of Diabetes".

Admission is free to anyone interested in diabetes or 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 01793 851229

Eliminating hepatitis C – Finding the Undiagnosed



Hepatitis C (HCV) is a blood borne virus and symptoms may not appear until the liver is severely damaged many years later. Consequently, many individuals with long-lasting infection remain undiagnosed and fail to access new fast and effective treatments, and can present late with end-stage liver disease and cancer.

To find out whether you might have been exposed to the hepatitis C virus and should seek a test., take the quick [online quiz](#).

Involvement Opportunities from People in Health in West of England



There are several involvement opportunities currently available, details of which can be found [here](#).

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 **26 October 2017 at 9.00 am**. This is a short Part 1 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.

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 26 October 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

T: 01793 683700

Contact Details for the Communications and Engagement Team

Email: communications@swindonccg.nhs.uk

Telephone: 01793 683700