



Health Harms

January is a prime time of year for smokers trying to quit. Indeed, the New Year is often welcomed in with people making resolutions to improve their health. Coming into its fourth year, Public Health England's Smokefree Health Harms campaign aims to capitalise on New Year resolutions and encourage people to make a smoking quit attempt in January. Search [Smokefree](#) online for free support.

Change4Life – Sugar Smart app



A new campaign has been launched to encourage parents to get “Sugar Smart” and take control of their children’s sugar intake.

A new Sugar Smart app has been launched to help parents to see how much sugar there is in everyday food and drink. The free app works by scanning the barcode of products and revealing the amount of total sugar it contains in cubes and grams.

Download the Change4Life Sugar Smart app to find out how much sugar is in the food and drink your family consumes every day and visit the [Change4Life website](#) for lots of free support, tips, ideas and recipes.

NICE – your views are wanted

The National Institute for Health and Care Excellence (NICE) is currently reviewing how it involves patients and the public in its work and want to explore how they can continue to deliver high quality, meaningful public involvement in a rapidly-changing environment.

The views of the public, stakeholders, public involvement experts, colleagues, and the people who have worked with NICE on committees are vital in helping identify what their priorities should be for public involvement in the future.

Your feedback would be much appreciated and can be provided by accessing the [survey](#). The survey should take no longer than ten minutes to complete and your responses will be confidential.

The survey will be open until midnight on Sunday 17 January 2016.

Patient and Public Participation Policy

NHS England has strengthened its commitment to patient and public participation with the publication of a [new Patient and Public Participation Policy and Statement of Arrangements](#). The policy sets out their ambition to ensure that people are at the heart of everything they do and the arrangements show how they meet their legal duty to involve the public in commissioning.

Both documents were developed with NHS England staff, patient and public representatives and partners. Over the next year they will review how well the policy and arrangements are working in practice and gather feedback through the NHS England website.

For more information, email england.nhs.participation@nhs.net or telephone 0113 825 0861.

Feedback wanted for NHS England Patient and Public Participation framework

An NHS England working group has developed a draft Framework for Patient and Public Participation in Primary Care Commissioning. They are now seeking comments on the draft from patients and the public, including the voluntary and community sector.

The Framework and online survey is available [here](#).

If you would like a briefing on the framework and the opportunity to discuss it, NHS England are inviting you to join a webinar on **Tuesday 2 February 2016 at 10am – 11.30am**. Please email frances.newell@nhs.net for joining details.

The deadline for completing the questionnaire is **Friday 12 February 2016** and NHS England will welcome responses prior to this date. All feedback received by this date will be considered and incorporated as appropriate into the framework, which will be presented to NHS England's Commissioning Committee (a sub-committee of the Board) for approval in March 2016.

Should you have any queries, please contact the NHS England Public Participation Team: england.nhs.participation@nhs.net or telephone 0113 8250861

FREE Alive 'n' Kicking Programmes



FREE Alive 'n' Kicking programmes are starting in January 2016 to support children and young people lose weight and be healthy.

If you know a child or family who would like to attend the Alive n Kicking Junior (5 to 11 years old) or Senior (11 to 16 years old) programmes to support the child manage their weight and health, the programme can offer help and expertise through 2016.

If you would like further information or to sign up to the programme, please contact:-

Jon Dunn, Healthy Weight Project Officer, Swindon Borough Council
E: jdunn@swindon.gov.uk T: 01793 465412

Top Tips to Get the Most Out of Your GP Appointment

Healthwatch England know from their conversations with the public that some patients report feeling rushed during appointments and struggling to make themselves heard.

As appointment times can be limited, in several areas local Healthwatch are promoting tips that could help you get the most out of visiting your GP.

These [top tips](#) are based on guidance from Healthwatch Trafford, Healthwatch Central West London, Which? and NHS Choices.

Involvement and Consultations

NSPCC encourages children and teenagers to share their care experiences

The Care Quality Commission (CQC) has launched a [six-month partnership with the NSPCC](#) and its free, 24-hour counselling service, ChildLine. This latest 'tell us about your care' partnership is one of seven projects underway with national organisations that are in a unique position to reach, and be reached by, people who may choose to discuss concerns about the way they are receiving health and adult social care or to identify examples of best practice. The feedback received acts as vital intelligence to help inform where, when and what the CQC inspects.

NHS England and NICE ask for views on the future direction of the Cancer Drugs Fund

A 12 week consultation on draft proposals outlining a new Cancer Drugs Fund (CDF) is underway. The consultation runs from 19 November 2015 to 11 February 2016.

The consultation document is available to review [here](#).

For your interest and information

Oxford Academic Health Science Network (OAHSN) Newsletter

The latest OAHSN newsletter is 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](#).

Latest news from the CCG

Governing Body

The January Governing Body meeting is taking place at the [CCG offices](#) on the 21 January 2016 at 9.30 am. The papers will be available [here](#), 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 November 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 November PPI meeting can be viewed [here](#).

The next meeting of the PPI Forum is on Thursday 21 January 2016, 12.30 pm to 2 pm at the [CCG offices](#).

Contact Details for the Communications and Engagement Team

Email: communications@swindonccg.nhs.uk

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