

ARBOURS

How many people out there in gardening land have an area within their own garden that is lightly shaded in the high summer? If that's you, then why not think about utilising this space as a relaxing location to dine outside. If you can plant a few trees that don't cast too much shade, then you could develop one of these relaxing corners from scratch.

Many people place arbours in such places, and often they are of very rustic appearance, and can be made out of woven living willow or hazel.

Such constructions can also be found in the many catalogues, and often come in flat pack forms that you construct yourself.

It is essential that the material you choose to construct the arbour out of suits the location and the wider environment. Woven materials, wire, timber and fence posts can all be used, but all must be of suitable colour.

Scented plants trained seductively over the arbour, makes sitting in this shady oasis in summer even more of a joy.

Another consideration, when you site your arbour or sitting area, is make sure it is facing something attractive, so when you sit there you have something worth looking at.

These woven living willow efforts I mentioned are great, as they have their own canopy, and set against a backdrop of other greenery, allows them to merge in and be almost invisible from a distance. Its a great project to get children enthused about their environment, and you could even get them to help construct tunnels and caves out of this woven willow, which gives them little hideaways in which to play.

**Happy Gardening,
STUART MABBUTT**

REAL ACCOUNTABILITY – MAKING A REAL DIFFERENCE

Since April 2010, all Primary Care Trusts have a duty to report on consultations on commissioning decisions undertaken during the financial year. 'Real Accountability' shows how consultation and engagement have helped to shape and inform health services in Oxfordshire. From end of life care, improvements to patients experience in community hospitals to the enhanced medical services offered by some GPs such as dermatology clinics, we have asked people what they think, what we could do to improve and develop services. We have used that feedback to improve patient experience and develop services that really meet the needs of their users.

The examples in 'Real Accountability' also show the range of methods we have used to consult people, including online surveys, focus groups, public meetings, attending existing community groups and one to one interviews. As part of the consultation process we engage with different people, groups and organisations to make sure we reach as many relevant people as possible.

To find out more, read the report on the Talking Health section of the NHS Oxfordshire website: <https://consult.oxfordshirepct.nhs.uk/consult.ti/realaccountability/listdocuments>.

Or, if you would like a paper copy please contact the communications and engagement team at NHS Oxfordshire email: admin.comm@oxfordshirepct.nhs.uk or phone: 01865 334641.

Contact Ed Vaizey MP by

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NHS Oxfordshire

NHS Oxfordshire has just launched a new public consultation on the Informatics Strategy. It looks at the use of IT systems and telehealth equipment and asks how we can use them to 'join-up' health and social care services in Oxfordshire to improve care for patients.

We would very much like to hear feedback and contributions from local people. You can participate in the consultation in many different ways:

- Answer a quick survey online (<http://bit.ly/informatics-survey>)
- Request a hard copy from talking.health@oxfordshirepct.nhs.uk or 01865 334641
- Attend a workshop on 14th January 2011, from 9.30-11.30 at County Hall Oxford. Contact talking.health@oxfordshirepct.nhs.uk or 01865 334641 to book a place
- Comment on the strategy document online <http://bit.ly/InformaticsStrategy>

CHOOSE WELL

Emergency Department (A & E)	Life threatening choking. Chest pain. Blackout. Severe blood loss. Severe breathing difficulty. Choose 999	Call 999 for an ambulance Emergency Department, John Radcliffe Hospital OX3 9DU Emergency Department, Horton General Hospital OX16 9AL 24hrs/365 days
NHS Minor Injuries Unit	Deep cuts. Eye injury. Broken bones. Severe sprains. Minor head injury. Minor burns and scalds. Choose NHS Minor Injuries Unit	NHS Minor Injuries Units open 7 days Abingdon MIU , OX14 1AG 01235 208730 Henley MIU , RG9 2EB 01491 637435 Witney MIU , OX28 6JJ 01993 209456
GP Surgery	Feverish children. Vomiting. Ear pain. Feeling ill. Rashes. Choose your GP	If your surgery is closed, you can call the Out of Hours Service on 0845 345 8995 and get advice or a doctor may arrange to see you.
Pharmacist	Diarrhoea. Minor infections. Headache. Travel advice. Bites and stings. Choose a Pharmacist	Pharmacists are trained how to treat minor illness and how to tell a minor ailment from something that might be more serious.
NHS Direct	Unwell. Unsure? Confused? Need help? Choose NHS Direct	Tel: 0845 4647* www.nhsdirect.nhs.uk Freeview channel 100 *Calls cost a maximum of 5p per minute from a BT landline. Other calls prices vary.
Self-care	Hangover. Grazed knee. Sore throat. Minor cuts. Minor sprains. Cough. Choose Self-Care	Don't forget to keep your first-aid kit well stocked – ask your pharmacist for advice or pick up our handy checklist.

