

**March 2016**

### **New Daisy service on target for summer opening**

A brand new building, which will provide specialised services for individuals with complex learning disabilities and challenging behaviour, is now near completion and will open this summer.

The facility, called 'The Daisy' and based near Green Lane Hospital in Devizes, has been commissioned by NHS Wiltshire Clinical Commissioning Group and services will be provided by Avon and Wiltshire Mental Health Partnership NHS Trust (AWP). People will receive person-centred care and support within a local residential setting, allowing them to live as independently as possible within a community setting. Each individual living area will be fully equipped with a kitchen, en-suite bathroom and lounge area and people have contributed to the design of their own living areas by choosing their colour schemes and soft furnishing – a home from home.

The community aspect of this build will allow people living there to engage with the surrounding area, and involve them at the heart of the community. People will be supported to maintain their family relationships, build a fulfilled life through participation in the community, such as education, sports and leisure and they will be able to access mainstream services when required to ensure that their health and social needs are met.



## Wiltshire's plan to tackle obesity: have your say

Wiltshire residents are being asked to have their say on NHS Wiltshire Clinical Commissioning Group (CCG) and Wiltshire Council's plan to tackle the issue of obesity in the county.

Obesity impacts on everyone, so the CCG and council are keen to hear from as many people as possible to get their feedback on this draft strategy ahead of the consultation deadline on 30 April.

In Wiltshire, 29.3% of children aged 10 to 11 years are overweight or obese, along with 63.6% of adults.

The draft strategy is based on feedback from last year's Wiltshire obesity Summit and on evidence of what works in preventing and addressing the challenges posed by obesity.

The strategy aims to halt and then reverse the obesity situation in the county, and will complement and build on work already underway to support Wiltshire residents to achieve and maintain a healthy weight.

To take part in the consultation people should visit <http://www.wiltshire.gov.uk/obesity-strategy-2016-consultation.htm>

## Attention Deficit Hyperactivity Disorder (ADHD) in Wiltshire

The contract for ADHD services in Wiltshire is currently held by Avon and Wiltshire Mental Health Partnership Trust (AWP) and this contract is due to finish at the end of March 2016.

Whilst a review of the whole contract is being undertaken, a temporary ADHD contract with AWP has been negotiated to run from 1 March until 31 August.

This extension will ensure that a large proportion of the current services can continue until a permanent two year contract can be agreed, and during this period AWP will continue to provide an ongoing service for:

- Existing patients who have already been assessed and diagnosed
- Existing patients who require ongoing follow up and prescribing
- Patients already being cared for under the shared care process
- Urgent and/or prioritised new referrals as approved by the CCG Exceptions Panel

The new contract will start on 1 September 2016.

## Developing mental health services for veterans

The NHS has launched a national engagement on mental health services for veterans.

The engagement will run until 31 March 2016 and aims to capture views and experiences of these services from a range of stakeholders, including veterans who have or have had a mental health illness, their families and carers, service charities, commissioners and providers offering treatment and support in this area.

Findings from the engagement will help to ensure that future mental health services for veterans are accessible, provide high-quality and sensitive care, treatment and support, and best meet the needs of veterans, regardless of when they leave the armed forces.

Currently, the NHS commissions 12 mental health services across England for veterans. These were set up in 2010 following publication of "Fighting Fit: a mental health plan for servicemen and veterans". The contract on these services are due in 2016/17 and this provides the NHS with a significant opportunity to ask people about their views and experiences of the current services. This will also allow the NHS to explore why some veterans have not sought or received support and treatment.

The NHS wants to hear from people who have served in the armed forces and have used or are currently using NHS veterans' mental health services. We also want to hear from family members and carers of veterans who have or have had mental health difficulties, as well as staff and organisations that are providing mental health care, treatment and support for veterans and their families.

To take part in the engagement and share your views, which runs from 25 January to 31 March 2016, please visit: <https://www.engage.england.nhs.uk/survey/veterans-mental-health-services>.

For further information on the engagement exercise or veterans' mental health services in your area, please email [ENGLAND.VMH-Engagementhub@nhs.net](mailto:ENGLAND.VMH-Engagementhub@nhs.net)

## Stay well this Winter campaign

Wiltshire Clinical Commissioning Group are part of the **Stay Well This Winter** national campaign to raise awareness of what you can do to stay healthy this winter and what services are available if you need additional help.

The national **Stay Well This Winter** campaign started on 5 October 2015 and will run until 27 March 2016 and will also be providing advice to those with long-term health conditions, over 65s, pregnant women and parents of under-sevens.

### Get the jab, get Flu Safe

NHS Wiltshire CCG is encouraging people to have their flu jab. Flu is a highly contagious infection that anyone can catch, but it can be very serious for some. For most people flu is a relatively mild illness from which they recover within a week or two – yet every year people, especially those at risk, become seriously ill because they don't get their free flu jab.

Flu is not the same as a cold and it affects people of all ages. If you or someone you care for is in any of the at-risk groups listed below you can get a free flu jab from your GP.

- everyone aged 65 years and over
- all pregnant women irrespective of their stage of pregnancy

- Adults and children over six months with long term heart, lung, kidney, liver or neurological conditions
- people with diabetes
- anyone who has a reduced immunity because of an illness or medical condition
- people with asthma
- anyone in long-stay residential care
- carers of disabled or elderly people and healthcare workers that are in direct contact with patients

Get the best protection for yourself and your family by being flu free this winter and book your appointment today.

### **Staying Healthy this winter**

NHS Wiltshire CCG is urging people to keep warm and well this winter, especially as the nights are starting to draw in and the temperature is dropping.

The cold can have serious consequences as it can increase the risk of strokes and heart attacks as well as causing people to catch colds and flu. Wrapping up warm, keeping the heating turned up, making sure you have enough winter food supplies and keeping a well-stocked medical cabinet in case you do catch a cold or flu are all sensible steps to take.

Some tops tips on staying warm and well this winter.

1. Keep your home warm – set your central heating to between 65 and 70 degrees Fahrenheit (18-21 degrees centigrade). Heat the room you sit in during the day to 70 degrees, and your bedroom to 65 degrees. When it's very cold, set the heating to come on earlier so that you're not waiting for your home to warm up.
2. Have your flu jab. Everyone over 65, or with a wide variety of health conditions, is entitled to one free of charge. Immunity takes effect almost immediately, so even though a flu outbreak is currently well underway, you can still protect yourself by getting the jab – just call your GP to make an appointment.
3. If you do fall ill with flu, it's best to stay at home. Flu is caused by a virus, and cannot be treated with antibiotics – so a visit to your GP is not necessarily the best course of action.
4. Vomiting and diarrhoea bugs caused by norovirus are common and very infectious. This can be a very unpleasant condition, but the best advice is to stay at home and drink plenty of fluids until the symptoms pass. Norovirus is highly infectious, with an incubation period of between one and three days. For that reason, you should wait 48 hours after symptoms have stopped before going back to work or your children go back to school.
5. Make sure you have enough winter supplies and keep a well-stocked medicine cabinet, with supplies of ibuprofen, paracetamol and your favourite cold remedy at hand.

Where to go when you're ill - The following points should be helpful when deciding who to contact.

- Pharmacies offer over-the-counter medicines and advice. As well as being open during regular retail hours, they operate an out-of-hours service on a rota basis;
- Call NHS 111 for advice or go to NHS Choices website [www.nhs.uk](http://www.nhs.uk). They can give a wide range of advice and information about many conditions;
- Use the minor injuries units at Chippenham and Trowbridge or the walk-in centres in Swindon and Salisbury for cuts, burns and other injuries – but not for colds, flu or vomiting;
- Make an appointment with your own GP - an out-of-hours service is also available;
- If it is a genuine emergency, go to your local A&E department or call 999 for an ambulance

Keep an eye on elderly or frail friends, neighbours and relatives this winter and join us in helping Wiltshire stay well this winter.