

March 2017

Sustainability and Transformation Plan

A short guide on Bath and North East Somerset, Swindon and Wiltshire's Sustainability and Transformation Plan (STP) has been produced.

The guide provides a summary of our local five year STP and sets out the significant challenges that we face and the opportunities we must take to ensure local people can access high quality, sustainable and safe, physical and mental health care into the future.

The plan considers the reasons services need to change and how we can provide them differently in a way that benefits patients and helps people stay healthier for longer.

There are three areas where change is urgently needed to ensure health and care services meet the needs of local people well into the future:

1. Improving health and wellbeing
2. Improving the quality of care people receive
3. Ensuring our services are efficient

Our plan needs to respond to the needs of local people, patients and carers as well as healthcare professionals and voluntary organisations.

Our goal is to improve the way that health and care services are delivered across B&NES, Swindon and Wiltshire with the aim to ensure that everyone gets the high-quality health and care they need, regardless of where they live.

We'd love to hear what you think, and are committed to engaging with people as our plans develop. Engagement events will be publicised through media, our websites and through local Healthwatch. You can also share your views in the following ways:

Send an email to: ruh-tr.STP-BSW@nhs.net or contact your local Healthwatch office, an independent body representing the voice of patients and public.

The STP short guide can be viewed on Wiltshire CCG's website: <http://www.wiltshireccg.nhs.uk>



Planning for the future

Bath and North East Somerset,
Swindon and Wiltshire's
Sustainability and Transformation
Plan (STP)

A short guide

Act F.A.S.T at the first signs of stroke

Wiltshire CCG is supporting Public Health England's national Act F.A.S.T stroke campaign.

The campaign aims to raise awareness of the symptoms of stroke and encourages people who recognise any single one of the symptoms of stroke, in themselves or other, to call 999 immediately.

A stroke is a 'brain attack, caused by a disturbance in the blood supply to the brain. It's a medical emergency that requires immediate attention, so recognising the symptoms of stroke and calling 999 for an ambulance is crucial.

Symptoms:

Face – has their face fallen on one side? Can they smile?

Arms – can they raise both arms and keep them there?

Speech – is their speech slurred?

Time to call 999



There are some other symptoms that people should be aware of as these may occasionally be due to stroke, these include:

- Sudden loss of vision or blurred vision in one or both eyes
- Sudden weakness or numbness on one side of the body
- Sudden memory loss or confusion
- Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other symptoms

Approximately 110,000 people have a stroke each year in England. It is the third largest cause of death, and the largest cause of complex disability; over half of all stroke survivors are left with a disability.

The sooner somebody who is having a stroke gets urgent medical attention, the better their chances of a good recovery.