

Overview

NHS Wiltshire Clinical Commissioning Group (CCG) is responsible for commissioning a broad range of healthcare for the population of Wiltshire. We are led by experienced local GPs drawn from across the county, who provide clear clinical leadership to the big decisions affecting the future of healthcare provision in Wiltshire, carefully tailored to meet the differing needs of people locally.

Our vision is to ensure the provision of a health service which is high quality, effective, clinically-led and local. We are committed to delivering healthcare that meets the needs of Wiltshire people, to consult and engage with our population to enable them to be involved in decisions made about health services and to deliver those services to people in their own homes or as close to home as possible.

The right healthcare, for you, with you, near you

News from the CCG!

Small changes can help you and your loved ones stay well this Winter

Helping people to look after their own health, and their families' health, especially during the colder weather can help you stay well and it also helps to manage demand on health services.

By following eight simple self-care health steps, you and your loved ones can stay well this winter:

- S – see your pharmacist at the first sign of illness**
Pharmacists are not only medical experts; they can also offer advice and information on a range of minor illnesses and injuries. If you start to feel unwell this winter, even if it is just a cough or cold, get advice from your pharmacist before it gets more serious.
- E – eat plenty of fruit and vegetables**
A healthy diet is vital for your wellbeing, so try and eat five portions of fruit and vegetables every day.
- L – learn more about around the clock healthcare services in Wiltshire**
In Wiltshire there are many options available for when you need medical advice and treatment. Consider all the choices available to help you make the right decision about where to go.
- F – find out if you're eligible for a free flu vaccine**
People who are eligible include those who are aged 65 years, pregnant women, anyone who is the main carer for another person or who is in receipt of a Carers' Allowance, and those with a long term condition such as diabetes or asthma.
- C – check in on your neighbours**
Winter can be dangerous for elderly people, so checking they have enough supplies will mean they don't need to go out in bad weather.
- A – arrange to pick up your prescription**
Many pharmacies and GP surgeries will be closed or have reduced working hours over the festive period. If you require a repeat prescription, make sure you order it in plenty of time.
- R – restock your medicine cabinet**
Looking after yourself when you're feeling under the weather with a minor illness is easy if you already have a stocked medicine cabinet.
- E – ensure you stay warm**
Cold weather can be very harmful and increase the risk of heart attack, stroke and chest infections. Try and heat your home to at least 18 degrees and have at least one hot meal a day.

Have your say!

Urgent GP appointments – where would you go?

If you need a same day urgent GP appointment – this could mean that you might not be able to see your usual GP and you may have to travel to a different practice.

Urgent GP appointments are booked on the day and are for patients who have health problems which cannot wait for a routine appointment.

We want to hear your views on accessing urgent GP appointments.

Tell us what you think by completing this [short survey](#).



Raising concerns and making complaints

NHS England are carrying out a survey and asking children, young people and adults with a learning disability and/or autism about their experiences of raising concerns and making complaints.

Your feedback will help with a new project about raising concerns and making complaints called **Ask Listen Do**.

Complete the [survey](#), which is open until 12 January 2018 and help make a difference.

Campaigns

Every year we support a number of national health campaigns and run some local ones too.

Click on the images below to find out more about our current campaigns.

Stay well this winter
and have the flu jab



Around the clock
healthcare in Wiltshire