

February 2018
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!
Meet the team


Your primary healthcare team

Helping you and your family to receive the right healthcare at the right time

We have developed a [‘Your primary healthcare team’](#) leaflet to help you get the right appointment for your needs.

You may not always need to see your doctor. Many surgeries employ other healthcare staff such as nurses, pharmacists and emergency care practitioners who can help you. Speak to your Practice receptionist, or visit the Practice’s website to find out who could help you.

Each GP practice also has a range of staff including receptionists,, administration support staff and practice managers who work to ensure you have a great patient experience.

Struck down by Norovirus? Stay at home!

When it comes to sickness and diarrhoea, looking after yourself at home is often be the best option.

Norovirus is particularly widespread at this time of year, and diarrhoea and vomiting are often among its symptoms. It’s also very easily spread through contaminated surfaces and close contact with other people.

There is not cure for norovirus but it usually clears up by itself within a few days, and the best way to recover is through self-care at home – get plenty of rest, drink lots of fluids and wash your hands regularly with soap and water.

STAY WELL THIS WINTER

NHS

Diarrhoea and vomiting?

There’s no specific cure for stomach bugs such as norovirus
Treat yourself at home while the virus runs its course

- stay hydrated
- take paracetamol
- prevent spread
- stay at home for two days after symptoms clear

If you need guidance on what you can do to help yourself get better, speak to your local pharmacist – they can provide quick advice without you having to wait for an appointment or sit in a waiting room sharing your misfortune with others!

If you are worried your stomach complaint is something more than a simple bug, the pharmacist will be able to let you know if you need to see a doctor. You can also call NHS 111 and a trained call handler will talk you through the best course of action.

For more information on norovirus visit: www.nhs.uk

Have your say!

Help NHS England improve services for patients and take part in their survey

Equality Delivery System Grading

The Equality Delivery System (EDS2) is a tool which helps NHS organisations make sure services are fair for all patients and communities and supports NHS organisations to make sure that the people who work for them are treated fairly and can apply for a lot of different jobs at all levels.

Help them know how well they are doing for people from all backgrounds by taking part in their [survey](#) – closes on 18 February 2018.

Campaign – Catch it. Bin it. Kill it.

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you do start to feel unwell, even if it's a cough or cold, don't wait until it gets more serious – seek advice from your pharmacist.

If your cold develops into flu, which is very infectious and is spread by germs from coughs and sneezes – it can live on hands or surfaces for 24 hours.

To help reduce the risk of spreading germs – **CATCH IT. BIN IT. KILL IT.**



CATCH IT

Use tissues to trap germs when you cough or sneeze

BIN IT

Germs can live for several hours on tissues - bin used tissue as quickly as possible

KILL IT

Hands can transfer germs to any surface you touch - wash your hands often with warm water and soap

Most of us will catch a cold at some point during the winter months, leaving us with a runny nose, sneezing, sore throat and a cough. No one enjoys having a cold and by following these simple steps you could avoid passing the virus to someone else.