

October update 2015

New Learning Disabilities services to launch in Wiltshire

A new modern purpose built service for people with complex learning disabilities and challenging behaviour has moved a step closer for NHS Wiltshire Clinical Commissioning Group (CCG) and Avon and Wiltshire Mental Health Partnership NHS Trust (AWP). Work has commenced on the new building in Devizes and includes accommodation for up to nine people meaning that Wiltshire will be able to provide appropriate care for people with specialist needs closer to home and their families.

The new service will open in the summer of 2016 and will be located on land next to Green Lane Hospital, Devizes.

Wiltshire Clinical Commissioning Group (CCG) and Avon and Wiltshire Mental Health Partnership NHS Trust (AWP) have been developing plans since early 2014 so that Wiltshire people who are currently living out of area can return home to Wiltshire where they can receive services for their complex needs.

Up to nine people will be able to live within a home setting and each living area will be fully equipped with a kitchen, en-suite and lounge allowing independent living and self-management – providing them with a ‘home from home’. The local residential setting will encourage people to maintain their family relationships, build a fulfilled life through participation in the community provide an enhanced quality of life. Their care will be planned, proactive and coordinated with their involvement so that they have choice and control over how their care needs are met – putting them at the centre of everything we do.

AWP are investing £3m into the building, and Wiltshire CCG will be commissioning services to the tune of £1.4m annually. The building is due to be completed in June 2016. Plans and artists impressions are available to view on Wiltshire CCG’s website at

<http://www.wiltshireccg.nhs.uk/news/new-learning-disabilities-service-to-launch-in-wiltshire>

Stay well this Winter campaign

As the days get colder and bugs and illnesses become more common, it’s important to take care of your health. Public Health England have recently launched their annual **Stay Well This Winter** 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 help those with long-term health conditions, over 65s, pregnant women and parents of under-sevens stay well by promoting flu vaccinations and advice on staying healthy this winter.

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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 top 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.

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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. 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.

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

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