

April 2016

Change is coming to the NHS: Local health organisations and communities forge blueprint for improved health and wellbeing

Over the next few months, leaders from health and care organisations from Wiltshire, Bath and North East Somerset (BANES) and Swindon will be working together to develop a 'Sustainability and Transformation Plan' (STP) so that the aims of the [NHS Five Year Forward View](#) – improved health and wellbeing, transformed quality of care delivery, and sustainable finances – can become reality. The collaboration gives the opportunity to make big changes to the way we address the needs of local people at a time when quality, services and finances are all under immense pressure.

The BANES, Swindon and Wiltshire (BSW) plan is being led by James Scott, the Chief Executive of Royal United Hospital in Bath. James has been Chief Executive at RUH since 2007, and will oversee and coordinate a team drawn from the leaders of each of the health and social care organisations included in our STP 'footprint' area.

This means that BSW plan brings together our three hospitals (Royal United Hospital, Great Western Hospital and Salisbury Foundation Trust), the three Clinical Commissioning Groups; BANES, Swindon and Wiltshire Councils, South West Ambulance Service and Avon and Wiltshire Mental Health Partnership Trust. The providers of our community services – Wiltshire Health and Care, Seqol and Sirona – and the Wessex Local Medical Committee (representing GPs from across the BSW area) complete our organisational grouping. Working together to cover a combined population size of approximately one million people, the BSW grouping will bid for and receive a transformation fund from 2017/18 onwards, which will be used to pay for health and social care services for people living in our area.

You can read more about Sustainability and Transformation Plans, how they will work across the country and what they mean for the NHS here: www.england.nhs.uk/2016/03/footprint-areas/

Details of how you can hear more information through public meetings and other engagement opportunities will be posted on [Wiltshire CCGs website](#), so please keep checking for details.

Living healthily in middle life can double your chances of being healthy at 70 and beyond

Public Health England has launched **One You**, a ground breaking campaign, aimed to encourage adults to take control of their lives and become healthier.

Our lifestyles can be unhealthier than we think and around 40% of all deaths in England are related to behavior. Modern day life makes it hard for people to live healthily and many of us will have dramatically increased our chances of becoming ill later in life.

The environment in which we live, work and play can make it really tough to choose healthy options – with many of us sitting at a desk for eight hours a day, technology making it easier to shop, being entertained and keep in touch with friends and family all from the sofa.

Whether we are eating the wrong things, drinking more than we should, continuing to smoke, or just not being active enough, all of these small things can add up to an unhealthy you.

One You gives you the chance to change your lifestyle choices by providing you with all the tools, support and encouragement you need to help improve your health right away.

Take the **One You** health quiz [‘How Are You?’](#) to see how you score and start the fight back to a healthier you

Giving you the support to make better choices today can have a huge influence on your health, and could help prevent diseases such as type 2 diabetes, cancer and heart disease and will also reduce your risk of suffering a stroke or living with dementia, disability and frailty in later life.

It’s up to all of us to make a change and shape our further health - Take the quiz now – it’s never too late to get your health back on track