

June 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!

#### Funding available for delivering a 'step change' in positive mental health and wellbeing within Wiltshire

We are inviting bids from all stakeholders, of up to £50,000, for delivering a 'step change' in positive mental health and wellbeing within Wiltshire.

**Ted Wilson, Director of Community Services and Joint Commissioning for NHS Wiltshire CCG said, "We are pleased to be able to offer these non-recurrent funds to support initiatives that aim to enable people to be more positive and confident about their mental health. We hope that the success of these initiatives will be a catalyst for future collaboration and support."**

The projects will be community based initiatives that support national and local priorities of increased focus on prevention and keeping well, and applications will need to demonstrate how funds will be used to deliver their project.

For more information on submitting an application, visit our website. The closing date for submission is 5pm on Friday 15 June 2018.

This year marks the 70th anniversary of the National Health Service as it celebrates its birthday on 5 July 2018.

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#### Wiltshire Dying Well Community Charter

Do you know an organisation that would like to make a difference on how they support their staff who have been diagnosed with a life-limiting illness, or who cares for someone that is approaching the end of their life?

The Wiltshire Dying Well Community Charter aims to encourage a community wide approach to support people who are affected by dying, and identifies simple steps employers can take to demonstrate their commitment to supporting their staff.

The Charter will help ensure organisations have the best possible resources for their workforce to help them manage this sensitive subject in the workplace, and signing up to the charter is easy and doesn't cost anything.



You can sign up to the Wiltshire Dying Well Community Charter by visiting our website: [www.wiltshireccg.nhs.uk](http://www.wiltshireccg.nhs.uk) or emailing: [wiltshire.dyingwell@nhs.net](mailto:wiltshire.dyingwell@nhs.net).

Businesses are simply asked to commit to demonstrating their support for the Charter by signposting employees, volunteers or students to additional support resources and embedding supportive practices within their organisations for people who are affected.

**Dr Helen Obsorn, GP at Courtyard Surgery said, “The Charter has been developed to help bring greater understanding of the problems faced by working people who have been diagnosed with a life-limiting illness, or care for people who are approaching the end of their lives.”**

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### Not sure what to do when a child is poorly? Download the free HANDi app!



The HANDi app is a fantastic free app that gives you expert health advice at your fingertips when you need it the most. Covering the six most common childhood conditions HANDi app provides information and guidance on managing:

- Diarrhoea and vomiting
- High temperatures
- Chestiness
- New born problems
- Stomach pain

The HANDi app was developed and approved by paediatric consultants at the Royal United Hospital, Bath, in partnership with Bath and North East Somerset and Wiltshire Clinical Commissioning Groups.

The app is available to download for free from iTunes App Store or Google Play.

For more information about the HANDi app, visit

[http://www.ruh.nhs.uk/patients/services/clinical\\_depts/paediatrics/handi\\_app.asp](http://www.ruh.nhs.uk/patients/services/clinical_depts/paediatrics/handi_app.asp)

## Have your say

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### Online consultations – an alternative way to have a consultation from your GP



NHS England would like to hear your views about online consultations - this is a service offering patients an alternative way to have a consultation with their GP online via the internet.

Using a smart phone, tablet or computer patients can contact their GP practice about a health issue without having to wait on the phone or go to the practice in person. The practice will then ensure that you are seen by the right person, this might mean a phone call with your GP or nurse, or you might need to go into the surgery and see your GP in

person.

The benefits of using online consultations means patients are able to get a quicker response, rather than have to wait for an appointment in person. It's more convenient as you don't have to travel to your GP practice, and you receive the same level of consultation diagnosis as you would get if you had a face to face appointment.

The survey can be accessed [here](#) and should take less than 10 minutes to complete – the closing date is 15 June 2018.

For more information on the survey, please visit: [www.engage.england.nhs.uk](http://www.engage.england.nhs.uk)

## Stay well this Summer

Most of us enjoy spending time in the sun and the opportunities that nice weather brings for activities, outdoor living, fresh air and fun. But on laid back, sunny days it's easy to switch off to messages about health risks, so here are a few reminders on what to do when you are enjoying time outdoors.



## Stay safe in the sun

It's all too easy to overdo exposure to sun rays, and it's easy to underestimate how much time we spend in the sun and not realise we are getting burnt. By taking a few steps to safeguard your skin you can stay safe in the sun while you enjoy the sunshine!

- **Seek shade and stay out of the hot sun, particularly between 11am and 3pm**
- **Apply sunscreen with an SPF of 30 and cover up – wear loose clothing and a wide-brimmed hat and protect your eyes with sunglasses**
- **Have plenty of cold drinks to keep hydrated, but avoid caffeine and alcohol**

## Sunburn

If you do have minor sunburn, you can treat this at home by:

- **Cooling the skin down by having a cold bath or shower**
- **Applying soothing after sun or calamine lotion to moisture your skin**
- **Drinking plenty of fluids, will prevent you from getting dehydrated**
- **Painkillers such as ibuprofen or paracetamol will help relieve any pain**

You could also visit your local pharmacy for advice on treatment to help ease your sunburn symptoms and reduce any inflammation.

## Don't let allergies take the spring out of your step

Spring and summer are the time of year when allergies such as asthma and hay fever can get much worse, with symptoms including sneezing, coughing and shortness of breath.

But there is no need to get bogged down by runny noses, itchy eyes and tickly throats.

If you are an allergy sufferer, you can prepare for the warmer weather by getting the medicines you need from your local pharmacist – who can also offer you expert advice to manage your health during the summer months.



For more information on summer health, visit our [summer health campaign page](#) on our website.



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