

**May 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!****Help us celebrate 70 years of the NHS**

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

It's an organisation woven into the very fabric of our way of life with each and every one of us using its services in some shape or form at some time.

To get here from 1948, the NHS has been constantly evolving and adapting to meet changing needs and expectations. All those years ago who would ever have imagined that we would be able to map the human brain, carry out heart transplants and immunise against so many diseases.

**We want to mark the occasion by sharing local people's memories and reminiscences of the NHS – either because they have worked for the service, or have received NHS treatment over the last 70 years. In particular, we are keen to hear from anyone who was born on 5th July 1948 and shares the same birthday as the NHS.**

People can share their memories and photos by emailing the Communications Team at [NHS70.wccg@nhs.net](mailto:NHS70.wccg@nhs.net) or by post to Communications, Wiltshire CCG, Southgate House, Pans Lane, Devizes, Wiltshire, SN10 5EQ. If you are sending any original photographs and would like them returned, please include your name and contact address.

**Do get in touch if you:**

- You share the same birthday as the NHS – were you one of the first babies to be born on 5 July 1948 in the NHS?
- You have recollections of working for the local NHS in Wiltshire (past and present) during the last 70 years
- You have received treatment or care from the NHS in Wiltshire and would like to share your story
- You can share any memories of our hospitals in Wiltshire, particularly if you have any old photographs of our hospitals (past and present) or the staff who worked in them
- We are especially interested in any memories and photographs from 1948, the year the NHS was founded and to hear from those who were born in 1948.

## Annual General Meeting

We are holding our annual general meeting in the conference room at Southgate House, Pans Lane, Devizes on Tuesday 26 June starting at 9.30am.

This event provides you with the opportunity to learn about what the clinical commissioning group has achieved in the past year and allows you to ask questions and find out more about our plans for the future – You can also pick up a copy of our annual report and accounts on the day.



Doors will be open from 9am for registration, and the AGM will take place between 9.30 – 10.30am.

If you would like to attend the AGM, please email [tracy.torr@nhs.net](mailto:tracy.torr@nhs.net) by Friday 15 June 2018.

---

## Don't let hay fever spoil your summer!

Spring and summer are wonderful seasons, filled with blossoming flowers, sunshine and warmth and many more of us will be spending time outdoors. But for hay fever sufferers, this time of year can cause worry and discomfort.



Hay fever is a common allergy and can affect up to one in five people at some point in their life, and is mainly caused by grass pollen.

The good news is you don't need to see your GP for hay fever treatment. Wiltshire Clinical Commissioning Group is urging residents of Wiltshire to consider buying their own hay fever treatment, instead of getting it on prescription.

Hay fever and seasonal allergy treatments such as tablets, eye drops and nasal sprays are all easily available from your local pharmacy, and you don't need a prescription from your GP.

As pollen count increases, hay fever sufferers dread the oncoming symptoms, which include a runny nose, itchy eyes and sneezing. That's why it's always good to be prepared. The symptoms of hay fever can be really unpleasant and the best way to control them is with antihistamines, which are inexpensive and can be bought from many shops and pharmacies on the high street.

By going to the pharmacy you'll be saving yourself time and money, freeing up GP appointments for people with more urgent needs as well as doing your bit to help save the NHS money on unnecessary prescription costs. Your pharmacist will also be able to offer you advice on how to avoid triggers.

There is currently no cure for hay fever, and you technically can't avoid it, however, there are ways to help reduce the effects including:

- Wearing wraparound sun glasses when outdoors to protect the eyes
- Showering and changing your clothes after being outdoors will help stop the spread of pollen through your home
- Putting a small amount of petroleum jelly in your nose helps to trap pollen grains
- Keeping an eye on the weather forecasts and staying indoors to avoid going out when the pollen count is high

Self-care is an important part of keeping well and having a well-stocked medicine cabinet can help you treat minor illnesses, such as hay fever, and injuries at home without the need to see a GP.

You can find us on social media – follow us and keep up to date with our latest posts as we celebrate the decades of the NHS during our countdown to the NHS’s 70<sup>th</sup> birthday on 5 July 2018.



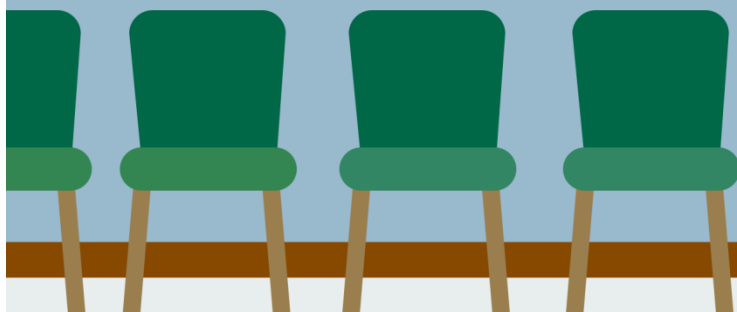
NHSWiltshireCCG

@NHSWiltshireCCG

NHS Wiltshire CCG

Visit our [website](#)

# The cost of Wiltshire’s missed GP practice appointments



**76,402**

Missed appointments in 12 months



Average missed appointments per GP practice per week



483,000 residents



The same as **1 in 6** Wiltshire residents - or the **entire population of Trowbridge and Salisbury** - missing one appointment each!