

**December 2015**

### **Devizes Urgent Care Centre**

The way people in Devizes access local primary care services could be set to change within the next two years. GP practices in and around Devizes together with NHS Wiltshire Clinical Commissioning Group are working together to transform same day appointments for conditions such as ear and throat infections, minor rashes and coughs and colds.

The proposed plans will allow patients to have access to same day appointments for minor illness and injuries with qualified healthcare practitioners and patients will be signposted to the urgent care centre by their own GP or the NHS 111 service.

The new service is designed to reflect the way people expect to receive healthcare today; quickly and at a time and place that is convenient to them, resulting in faster access to same day primary care advice and treatment.

Our aim is for people to receive an efficient and high level service which meets their needs and is closer to where they live.

Capital funds for the proposal will be raised through the sale of the Devizes hospital site and land currently owned by NHS Property Services on Green Lane in Devizes.

The proposed urgent care centre will be built on land currently owned by NHS Property Services on Marshall Road in Devizes, and will be adjacent to the Devizes NHS Treatment Centre.

The proposals were presented at Devizes Area Board meeting on Monday 23<sup>rd</sup> November.

### **Wiltshire's Community Child Health Services**

Wiltshire Council, Wiltshire Clinical Commissioning Group and NHS England have awarded Virgin Care the contract to provide community child health services in Wiltshire for the next five year.

The services are currently being provided by five different providers and include services such as; children's specialist community nursing, health visiting and speech and language therapy. As of April 2016, the services will move to one provider, Virgin Care, giving children and parent's access to consistent and equitable levels of service and support regardless of where they live in the county.

Wiltshire Council, Wiltshire Clinical Commissioning Group and NHS England held several workshops, developed on-line surveys and spoke to the children, their families and carers to really understand how they felt about the service they were receiving. It was with their help that we designed the new way of working, allowing them to receive a high quality, joined up and consistent service shaped specifically around them.

Staff working in services affected by the change to the community child health services provider will continue in their current role and from April 2016 will be employed by Virgin Care.

Virgin Care is an independent provider of NHS and local authority services with extensive experience in running services for children and young people and was awarded the contract following a robust procurement process.

Children's community health services play a key role in ensuring children and young people have the best start in life and that their health needs are met throughout childhood.

### **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. Wiltshire Clinical Commissioning Group are part of the **Stay Well This Winter** national 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 those with long-term health conditions, over 65s, pregnant women and parents of under-sevens.

### **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.



**Do you have a long-term health condition or are you 65 or over?**

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Make sure you get your prescription medicines before Christmas Eve.

Because many GPs and Pharmacies will close over the holidays.

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**STAYWELL THISWINTER**

Richard Pile



**Do you have a long-term health condition?**

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If you feel like you're getting a cough or a cold on top of your existing condition, get advice from your pharmacist before it gets more serious.

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**STAYWELL THISWINTER**

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](http://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.



Public Health England

# Got a child aged 2, 3 or 4?

Flu can be serious for young children. Help protect them from flu with one simple nasal spray. It's free, fast and painless.

Don't put it off. Take up the offer from your GP as soon as you can.

**STAYWELL THISWINTER**



Lorna Cousins, Nurse

nhs.uk/staywell



# Do you have a long-term health condition or are you 65 or over?

Cold weather can be seriously bad for your health. Keep yourself warm. Your home should be at least 18° C (65° F).

**STAYWELL THISWINTER**



Cheril Sowell, Nurse

nhs.uk/staywell

## Wiltshire Clinical Commissioning Groups Financial Position

Nationally, the NHS is facing one of its toughest ever financial climates and for Wiltshire CCG, we are also dealing with a financially challenging time as increased demand in care and the need to make efficiency cost savings has put the CCG under exceptional pressure.

Wiltshire Clinical Commissioning Group receives £540 million for commissioning healthcare services for the population of Wiltshire and in this current financial year the CCG is set to overspend by £2.4 million, around 0.5% of its total funding.

Demographic changes are leading to growing healthcare needs as our population is getting older and living longer. More of our patients have one or more long term chronic condition, lifestyle risk factors are also growing, as are patient expectations, which means providing healthcare is costing us more.

The CCG can no longer afford to operate on a business as usual basis, and needs to look at how it can continue to deliver substantial high quality care in order to ensure patients get the services they need.

Factors which have contributed to the overspend include an increase in the number of planned operations in acute hospitals and the increase in spend on prescriptions being prescribed through GP practices.

The CCG is currently predicating it will be short of its year-end financial surplus target by £4.8 million and as a result, Wiltshire CCG is currently producing a financial recovery plan to outline the reasons of why we are currently financially challenged and what we are going to do looking forward, especially as pressures to spend more will grow as the costs of treatment rise and our population is continuing to age.