

July 2016

Today's NHS – it's a challenging time

The good news is that as a nation we are living longer – but what impact does our ageing population have on the amount of money we have available to spend on healthcare?

With increasing costs of medicines and treatments, and a national shortage of GPs and other health professionals working in the health sector, the NHS is currently facing one of its biggest challenges.

In Wiltshire we are definitely living longer, but not all of us are living well in our older years. A significant proportion of our annual budget is spent helping older people and people with a combination of lots of conditions like Diabetes and COPD to live well. In Wiltshire, over 22% of our population is aged over 65 - and 75,000 of us are living with long term health conditions.

# Our challenges

**Future cuts**

- Annual funding is less than needed to meet demand
- Impact of cuts to social care services
- £100million funding gap across Wiltshire, BANES and Swindon for 2017

**Long term conditions (LTC)**

- Over 75,000 people in Wiltshire live with an LTC
- 50% of all GP appointments are for people with a LTC
- 70% of the total days spent in hospital beds are for LTCs
- 70% of hospital and primary care budgets are used to care for people with LTC

WILTSHIRE CCG

**An ageing population**

- Wiltshire's population over 480,000
- 22% over 65 years old
- 3% over 85 year old

**Increasing costs**

- People are living longer but with one or more health conditions
- Cost of treatments rising
- Growing population
- Increase in public expectations
- Requirement for a 7-day NHS across GP practices

**Professional shortage**

- National shortage of trained professionals across health and social care including GPs, particularly in Wiltshire
- Reliance on agency workers
- Demand outstripping capacity

Dr Richard Sandford-Hill a GP at Market Lavington Surgery says: “Providing medical care for an increasingly ageing population is difficult. In my own practice a majority of my routine appointments are attended by people aged over 65, and those people often have complex long term needs”.

The NHS is used to doing as much as it can with ever-stretched budgets. The shortage of people working in social care means that together with Wiltshire Council, we’re doing our very best to make sure we can support people. And it’s not all doom and gloom – we’re making some great strides forward to make sure we can properly deal with some of the issues we are facing.

Our number one priority is to make sure that older people can get the care and treatment they need either in their own home, or as close to home as possible. Wiltshire has an overall population of over 480,000 and the geography of our county is a challenge. But by working with Wiltshire Council, using a specially-allocated budget called the Better Care Fund, our GPs have established new ways of supporting people to receive care, stay independent and keep well without having to go into hospital. We’re making a real difference to the lives of people in the Wiltshire by tackling head-on issues such as social isolation which can have a big impact on someone’s health and wellbeing.

We know that we face a tough road ahead, but by working in collaboration with our health colleague’s right across Wiltshire we can carve the right path through, and continue to give people really good health care services.

### **People asked to be mindful of drinking too much this summer**

With the holiday and festival season upon us, local residents are being asked not to drink excessive amounts of alcohol and risk damaging their health this summer.

As part of their Stay Well this Summer campaign, Wiltshire Council and NHS Wiltshire Clinical Commissioning Group are reminding people that excessive drinking in a short space of time can have lasting damaging effects.

Unit guidelines are now the same for men and women with both advised not to regularly drink more than 14 units a week, the equivalent of six pints of four percent beer or six glasses of 13 percent wine. People are encouraged not to save up their 14 units for one occasion and try to spread evenly across the week and have regular drink-free days.

People are also advised to limit the total amount of alcohol in one session, drinking more slowly and alternating with food and/or water.

The Stay Well this Summer campaign will also highlight a number of other summer-related issues over the coming months including water safety for children, safe outdoor eating and protecting yourself from excessively high temperatures.

Frances Chinemana, Wiltshire Council associate director for public health said: “We want people to have a safe, happy and healthy summer and we hope our campaign will help with that.

“People will no doubt have a few drinks over the summer, especially if they go on holiday or attend one of the many festivals that take place, but we just want to gently remind people that drinking too much in a short space of time can have a negative knock-on effect to their health.”

Dr Peter Jenkins, Chair of NHS Wiltshire CCG, said: “Most people enjoy a sensible social drink without it having any negative effect but at times lots of people will go out for a good time and have a few more drinks than they’re used to.

“Drinking more than the recommended limit is a habit that we can all fall into easily but drinking just a little too much alcohol puts people at greater risk of developing serious illnesses including heart disease, stroke and cancer.

“That’s why we’re urging everyone to take a sober look at their drinking over the summer and resolve to drink sensibly.”

For more information, people should visit [www.wiltshire.gov.uk//drugalcoholmisuse](http://www.wiltshire.gov.uk//drugalcoholmisuse)

### **Simon Truelove – Interim Accountable Officer of Wiltshire CCG**



Simon Truelove, the CCG’s Chief Financial Officer and Deputy Chief Officer has become interim Accountable Officer.

Deborah Fielding, who was the Accountable Officer at Wiltshire Clinical Commissioning Group, stepped down from her role at the end of June.

Simon will be in post until a replacement is appointed.