

**April 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!****Major step forward to development of Devizes Health Centre**

Health leaders have welcomed news that the GP-led Health Centre for Devizes can move to its next phase, after a commitment of £7million to funding.

The project, led by Wiltshire Clinical Commissioning Group (CCG), aims to deliver significant benefits to patient care by creating a modern and sustainable facility for the people of Devizes and the surrounding area.

NHS Property Services (NHSPS), which owns the site of the proposed new development at Marshall Road, has this week confirmed it can commit to funding the construction phase of the project subject to conditions including the approval of the business cases by Wiltshire CCG and NHS England.

The commitment from NHSPS to fund the construction costs comes as outline planning permission for the development from Wiltshire Council is expected later this month. However, the funding commitment marks a considerable move in respect to the scheme's delivery. Discussions regarding the proposal have been on-going between Wiltshire CCG, NHS England and NHS Property Services to secure a solution to the complex ownership, planning, leasing and funding arrangements for the last three years.

Dr Richard Sandford-Hill, Chairman of Wiltshire CCG and lead GP for the project said:

"It's really exciting to see that the Devizes Health Centre project is taking a significant step forward, and I'm delighted on behalf of the five Devizes GP practices and the CCG. The commitment from NHS Property Services means it's all systems "go" to work towards the implementation of this important, long awaited scheme that will provide modern, fit for purpose premises for the delivery of healthcare for the people of the Devizes community area. There's still a lot of work to do, and we look forward to the outcome of the Outline Planning Application, but we're extremely confident now that we're well on the way to achieving what we set out to do on behalf of our patients".

The next step in the project is for the CCG to conclude the outline business case, including a commitment to fund the future costs of running the health centre.

If the outline business case is approved, work on developing the detailed design of the scheme can begin to inform the full business case, which would then need to be approved by the CCG and NHS England.

The health centre development is part of a wider scheme that involves the release of land at Marshall Road for housing, and, in due course, the out dated community hospital in the town.

## New contact for Carer Support Wiltshire to support carers of all ages

Carer Support Wiltshire started their new contract to support carers of all ages on 1 April 2018. The contact was awarded by Wiltshire Council, with funding support from NHS Wiltshire Clinical Commissioning Group and builds on the existing work the organisation been doing with both organisation for a number of years to support adult carers.

The new contract will involve the organisation providing services and support for all carers in Wiltshire, including young carers, parent carers, those juggling work with caring and an aging population living longer and looking after loved ones.

One of their focuses will be going out into the community to improve information and accessibility for all and this will be done by introducing Community Connectors, who will work across Wiltshire to raise awareness, and support and identify carers in the following areas:

- Malmesbury, Royal Wootton Bassett and Calne
- Chippenham, Corsham and Bradford-on-Avon
- Devizes, Marlborough and Pewsey
- Melksham, Trowbridge and Westbury
- Tidworth, South Wilts and Salisbury
- Warminster, Mere and South West Wiltshire



Their young carer service will also begin from 1 April 2018 to ensure that all young carers are identified and properly supported. They will work with schools, colleges, community groups and delivery partners, such as Youth Action Wiltshire to provide young carers with breaks, activities and opportunities to learn, aspire and grow.

Carers play an invaluable role within our communities and this new contract will help strengthen the support that is provided to them and will also help raise awareness of what is available to help support carers in their caring role. Find out more by visiting the Carer Support Wiltshire [website](#).

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## Stub it out

That's the message to smokers as all NHS sites in Wiltshire begin their nine month countdown to becoming completely smoke free.

In order to help reduce the number of people who smoke and the serious illnesses associated with smoking, the pledge is for all of NHS sites in Wiltshire to smoke free by Tuesday 1 January 2019.

In nine months' time staff, patients and visitors (including contractors and suppliers) will no longer be able to smoke anywhere on NHS sites, including grounds and gardens or in vehicles and car parks.

By NHS sites going smoke free, it will mean a much safer and fresher environment for our patients, our visitors and our staff and will bring significant benefits for the health and wellbeing of everyone in or using NHS services.

We know, for example, that patients recover quicker from periods of illness or injury, have shorter lengths of stay in hospital, require less medication and generally have fewer complications, when they do not smoke.

Over the next nine months we will be engaging with our staff, patients and visitors to identify the most effective ways to support them, and the announcement is being made nine months ahead of implementation of a smoke free NHS in Wiltshire to provide time for those who do smoke to be prepared for the change, and to give them the opportunity to quit smoking.

If you would like support to quit smoking, please visit: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) for expert advice and support or call the Smokefree National Helpline and speak to a trained adviser on 0300 123 1044.



We understand that some people may not wish to stop smoking during their stay in hospitals, or whilst at work and support will be provided to assist them in abstaining whilst they are on an NHS site through Nicotine Replacement Therapy and support from stop smoking advisors.

There is no given right to smoke and no obligation to permit people to smoke. It is part of our duty to improve and protect the health and wellbeing of our staff, patients and wider communities and this includes ensuring we uphold their right to be protected from second hand smoke.

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## Be tick aware!

With the arrival of Spring Wiltshire Clinical Commissioning Group is advising people to brush up on their knowledge of ticks, tiny spider-like creatures found in woodland and long grass, to minimise their risk of infection.

Ticks are present in most parts of the country and can be found in forests, woodland, heaths, moorland areas and urban parks. Whilst irritating, most tick bites are harmless however, some ticks are infected with bacteria which can cause Lyme disease.

Dr Lindsay Kinlin, said “Ticks that can transmit Lyme disease are very small – about the size of a poppy seed – and can easily be overlooked, so it is important to check regularly for attached ticks on the skin.

Ticks prefer warm, moist places on your body, especially the groin area, waist, arm pits, behind the knee and along the hair line, so look out for anything as tiny as a freckle or a speck of dirt.”



Most ticks do not carry the infection, but if one is found it should be removed promptly. Infected ticks are unlikely to transmit Lyme disease if they are removed in the early stages of attachment and they can be removed with tweezers or special tick hooks, by pulling them gently upwards away from the skin.

To minimise the risk of being bitten by a tick, you should:

- Keep to paths and away from long grass or overgrown vegetation if possible, as ticks crawl up long grass in their search for a feed
- Wear appropriate clothing in tick infested areas (long sleeved shirt and long trousers tucked into socks). Light coloured fabrics are useful, as it is easier to see ticks against a light background
- Consider using insect repellents, e.g. DEET
- Inspect skin frequently and remove any attached ticks
- At the end of the day, check again thoroughly for ticks, especially in skin folds
- Make sure that children's head and neck areas, including scalps, are properly checked
- Check that ticks are not brought home on clothes
- Check that pets do not bring ticks into the home on their fur

If you have been bitten by a tick, symptoms of Lyme disease are similar to those of influenza. If you are having flu-like symptoms, head-aches, muscle pain or joint pain, accompanied by a bulls-eye rash pattern on your skin you should make a GP appointment as soon as possible and remember to tell them you were bitten by a tick.

## Diabetes Prevention Week

The Healthier You: NHS Diabetes Prevention Programme (NDPP) is launching a Diabetes Prevention week campaign from 16 – 22 April 2018 aiming to raise the awareness of the causes of Type 2 diabetes and the complications associated with it.

Diabetes is a long-term condition that affects the body's ability to process sugar or glucose. Early symptoms of diabetes include feeling very thirsty, feeling very tired and experiencing blurred vision.

Diabetes can have serious health consequences, however, with careful management; people with diabetes can continue to lead full, healthy and active lives.

Type 2 diabetes is linked to lifestyle and it is estimated that over five million people in England are at high risk of developing the condition which in many cases can be prevented, so now more than ever is the time to support people to reduce their risk of developing the condition, so the need for prevention has never been greater.

The Diabetes Prevention Programme offers a proven approach to support people who have been identified as being at risk to maintain a healthy weight and be more active; two factors which can significantly reduce the risk of developing the condition.

Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated and solve problems that can get in the way of healthy changes.

If you have been told you are at risk of developing type 2 diabetes, are registered at a GP practice in Wiltshire and haven't already been referred to the programme, you can ask your GP or nurse to refer you.

If you haven't been told you are at risk, you could go to [www.riskscore.diabetes.co.uk](http://www.riskscore.diabetes.co.uk) to get an estimate of your risk of developing type 2 diabetes and if you are, ask your GP or practice nurse for a blood test to check your blood sugar levels. You can find out more about the Diabetes Prevention Programme at [www.england.nhs.uk/ndpp](http://www.england.nhs.uk/ndpp)



## Campaigns

### Are Calories creeping up on you?

Many of us are consuming more calories than we realise – an average of 200 to 300 extra calories per day. Over time, these extra calories can creep up on us and cause unhealthy weight gain. Public Health England's new One You campaign aims to help people be more aware of the calories they consume on the go and to make healthier choices easier, whether picking up breakfast on the way to work, having lunch at their desks or buying everyday meals.



Public Health England's new One You campaign provides adults with a simple tip to help them make healthier choices while out and about – aim for 400-600-600.

People are encouraged to try to stick to around 400 calories for breakfast, 600 calories for lunch and 600 calories for dinner, plus a couple of healthier snacks and drinks in-between.

Major food retailers will provide a range of options to help shoppers find meal options around 400 calories for breakfast and 600 calories for lunch and dinner.

So if you are looking to eat a little healthier, try a healthier choice today and aim for 400-600-600. Because there's only **One You**. More information can be found at: [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)