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Spring has arrived!

Welcome to the latest issue of your PPG newsletter, which comes ahead of the predicted sunny weather for this week. I hope, like me, you are looking forward to the opportunities that the nice weather brings for activities, outdoor living, fresh air and fun!

If you are going to be spending time outdoors, it's good to be aware of insects such as ticks. Tick bites can spread Lyme disease which can cause serious health problems. We have put together some useful hints on how to help keep those tick bites at bay and help minimise your risk of infection – have a look at our [website](#).



Christine Reid, Lay Member,
Patient and Public
Involvement

Plans are in place for our next Patient Participation Group event in October and taking into consideration your feedback we have a choice of two dates for you. These events are a wonderful opportunity for you to network with other PPG members, meet CCG staff and hear about the work we are doing. We would also love to hear from you, so please do let us know what you would like to cover during these sessions, so we can help you get the most out of them!

We also have lots of useful health information in this issue on stopping smoking and eating more healthily. Help us to spread the word with your friends and family by visiting our website, sharing our messages and encouraging them to follow us on Facebook and Twitter.

Best wishes, Christine

PPG events in October – save the dates!

We are holding two events in October for PPG members as a result of listening to your feedback. We hope that by having two events across the county we are making it easier for many of you to attend.

The dates for the upcoming events are:

Thursday 11 October – Salisbury

Tuesday 16 October – Devizes

The days will start at 10am and finish with lunch being served at 1pm. More information will be sent out shortly – in the meantime save the dates and keep an eye out for booking instructions!

These events are your opportunity to hear the latest news from the Clinical Commissioning Group and get involved and share your views on our work programmes. It's also a great way for PPG representatives to discuss issues affecting patients at their surgery, or the wider NHS; to network, share solutions, information and ideas with each other and to share your patient experiences with us.

Our PPG events are your events and we want you to get the most out of them. If you have any suggestions on what you would like to hear at the next event, please email tracy.torr@nhs.net.

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. From a growing and older population to new treatments and technologies – our NHS is ever changing and rightly so too. We all want our NHS to provide the best possible treatment and care.

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 treatment over the last 70 years. We are particularly keen to hear from anyone who was born on 5 July 1948 and shares the same birthday as the NHS.



Please get in touch if:

- 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) over 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 that year.

If you, friends or family have memories or photos to share, please email them to NHS70.wccg@nhs.net or by post to: Communications, Wiltshire CCG, Southgate House, Pans Lane, Devizes, SN10 5EQ.

If you are sending any original photographs and would like them returned, please include your name and contact address.

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Major step forward to development of Devizes Health Centre

Earlier this month it was confirmed that the GP-led Health Centre for Devizes can move to its next phase, after a commitment of £7million to funding by NHS Property Services. Wiltshire CCG is leading the project which aims to deliver significant benefits to patient care by creating a modern and sustainable facility for the people of Devizes and the surrounding area.

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, which is expected later this month 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 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.

We will keep you updated on this development in future issues of the newsletter.

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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 by Friday 15 June 2018.



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New contract 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 contract was awarded by Wiltshire Council, with funding support from the CCG and builds on the existing work the organisation been doing for a number of years to support adult carers.

The new contract involves 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 also began on 1 April 2018 and aims 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. If you know any carers and they want to find out what support they can get – tell them to visit 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 by Tuesday 1 January 2019, and you can help by letting your friends and family know this is happening.

As an NHS organisation, we have a duty to protect and care for the health and wellbeing of our patients, staff and visitors. Smoking is the leading cause of premature death in the UK, and many of the people who access healthcare services are particularly vulnerable to the harmful effects of second hand smoke, such as pregnant women, babies, children and those with medical conditions.



By NHS sites in Wiltshire 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 our using NHS services.

Our decision to become completely smoke free is also in line with The Health Act (2006) and The National Institute for Health and Care Excellence (NICE) 2013 guidelines which states that all hospital sites, including mental health hospitals, and sites where NHS services are provided, should be 100% smoke free.

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.

We are encouraging people to stop smoking as there are many benefits both to the smoker, their family and loved ones and the wider community.

Some of the benefits of not smoking can affect the body very quickly:

- After 20 minutes blood pressure and heart rate can return to normal
- After 8 hours nicotine and carbon monoxide levels in the blood half and oxygen levels return to normal
- After 1 day lungs start to clear and carbon monoxide levels return to normal
- After 2 days ability to smell and taste are improved
- After 3 days breathing becomes easier and energy levels improve
- After 3 – 9 months lung function improves by 10% and there is improvement with coughing, breathing and wheezing
- After 5 years risk of stroke returns to that of a non-smoker
- After 10 years risk of lung cancer returns to that of a non-smoker

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

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Our current campaigns

One You: Nutrition

Eating out has become very common place and a quarter of our calories intake comes from eating out, meaning 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 an unhealthy weight gain.



Public Health England's One You campaign aims to help you be more aware of the calories you consume on the go and is encouraging people to make healthier choices, whether you are picking up breakfast on the way to work, having lunch at your desk or buying everyday meals.

This calorie creep is contributing to our county's obesity problem which causes a range of health issues, including heart disease, Type 2 diabetes and some cancers.

One simple tip can help you make healthier choices while out and about – aim for 400-600-600. Try and 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.

So if you are looking to eat a little healthier, try a healthier choice today and aim for 400-600-600, because there is only [One You: Nutrition](#).

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Diabetes Prevention Week 16 – 22 April 2018

We are supporting the Diabetes Prevention Week campaign, which aims to help people lower or reduce their risk of developing the condition by being referred onto a programme through their GP to help improve future health.

The Healthier You: NHS Diabetes Prevention Programme (DPP) supports people who are at high risk of developing Type 2 diabetes to reduce their chances of developing the disease. Those referred onto the nine month programme get personalised, face-to-face help, including education on lifestyle choices, advice on how to reduce weight through healthier eating and bespoke physical activity programmes, which together have been proven to reduce the risk of developing Type 2 diabetes.



If you, a friend or family member are at risk of developing diabetes type 2, then the NHS Diabetes Prevention Programme is just what you need. This week GP practices in Wiltshire are supporting the campaign, so if you, your friends and family have been identified as being at risk of developing the disease go along to your local practice for referral onto the programme.

If you want to check your risk of developing the condition, go to www.riskscore.diabetes.org.uk/start for an online assessment. If your result comes out as at high risk, ask your GP or practice nurse for a blood test to check your blood sugar levels.

More information on diabetes can be found on [NHS Choices](#).

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Beware, ticks are lurking!

With the arrival of Spring, the CCG is advising you to brush up on your knowledge of ticks, tiny spider like creatures, to minimise your risk of infection, especially during outdoor activities like hiking, camping or gardening and you can help spread the word by sharing the useful steps below.

Ticks are present in most parts of the country and are about the size of a poppy seed, and whilst irritating, most tick bites are harmless however; some ticks are infected with bacteria which can cause Lyme disease. Symptoms can include fever, headache, fatigue, and a characteristic skin rash that looks like a bulls-eye.



To minimise your risk of being bitten, take these steps to help protect yourself.

- 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 diseased tick, symptoms of Lyme disease usually appear between 3 and 30 days. You should make a GP appointment as soon as possible and remember to tell them you were bitten by a tick. More information on tick bites can be found on our [website](#).

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Showcase your PPG!



This is your newsletter and we want you to find it a valuable and reliable source of information.

We also want you to share the great work you are doing at your surgery so we can promote it here with articles on how your PPG is working in collaboration with its practice to help make a difference to the experience that patients have when they visit your surgery.

Send your good news stories, information and any questions to Tracy Torr, Communications and Engagement Officer: tracy.torr@nhs.net and we'll share it in the next newsletter which is due July 2018.

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You can find us on social media – follow us and keep up to date with our latest news.



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And finally...

Thank you to everyone who is involved in your PPG. The time you give is much appreciated, by both your Practice and the CCG!

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