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**We are well into the new year, and we haven't really had the cold, hard bite of winter yet.** Maybe this year we will get away without too much of the chaos the cold weather brings.

In this issue of your PPG newsletter, there is quite a focus on change both nationally and locally. You can find out more about the big picture priorities in the NHS Long Term plan and take the opportunity to have your say on proposed changes to local maternity services.

Alzheimer's Support in Wiltshire has launched a great new resource that will be useful for patients and their families who are working through the changes that a dementia diagnosis brings. I hope you will be able to use this resource in your practices and with the support groups you run.

We are starting to plan our next PPG event which we think will be in April. There will be a focus on the implementation locally of the long term plan and what it means for GP practices. The involvement of PPGs will be vital to us delivering what is required in Wiltshire. Let me know if there is anything else you would like to discuss - all ideas are welcome. It's a great opportunity for you to meet other PPG members and I hope to see you there!

Best wishes,

*Christine*



**Christine Reid OBE**  
Lay Member, Patient and  
Public Involvement

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## NHS Long Term plan

You will have seen in the media that NHS England published its ten-year long term plan in January 2019.

The plan has three objectives

- making sure everyone gets the best start in life
- delivering world-class care for major health problems
- supporting people to age well.

You can find out more about the plan on the [NHS website](#).

The next step is for our BaNES, Swindon and Wiltshire Sustainability and Transformation Partnership (STP) to develop and implement our own strategy for the next five years. We need to plan how we will take the ambitions of the NHS Long Term plan and turn them into local action to improve services and the health and wellbeing of our communities, building on the work we are already doing.

The Long Term plan sets the direction for primary care services including the introduction of Primary Care Networks. This will herald a new way of working for individual GP practices and the way that patients use them. We expect PPGs will play an important role in how we deliver the plan in Wiltshire.

Over the next few months, whether you are NHS staff, a PPG member, a patient or a member of the public, you will have the opportunity to help shape what the NHS Long Term Plan means for our area, and how the services you use or work in need to change and improve.

Healthwatch Swindon will be supporting NHS teams across our STP area to ensure that the views of patients and the public are heard, and Age UK will be leading work with other charities to provide extra opportunities to hear from people with specific needs or concerns.

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## Transforming maternity services together – consultation coming to a close

We have been out and about publicising the consultation on the proposed changes to maternity services across BaNES, Swindon and Wiltshire – we've held public meetings, been on the streets for town market days and at a number of Area Board and Town Council meetings.

Some parts of the county seem to be more aware of the proposed changes to services than others and we have had some robust conversations along the way.

The consultation closes on 24 February 2019 and we encourage you, or anyone you know with an interest in maternity services to share their views by completing the online survey or filling in the hardcopy form in the consultation document.

All GP surgeries have copies of the consultation document and information leaflets which explain the key proposals.

For more information you can visit the Transforming Maternity Services Together website [www.transformingmaternity.org.uk](http://www.transformingmaternity.org.uk).



The banner features the NHS logo in the top right corner. Below it, the title "Transforming Maternity Services Together" is written in white on a blue background. Underneath the title is a grid of ten small images: a yellow square, a pregnant woman, a purple square, a nurse in a clinical setting, a purple square, a woman holding a baby, a woman holding a baby, a red square, a woman holding a baby, a woman holding a baby, a purple square, and a teal square. Below the grid is a circular logo for the Bath and North East Somerset, Swindon & Wiltshire Local Maternity System, which includes a stylized figure of a pregnant woman. To the right of the logo, the text reads "Bath and North East Somerset, Swindon & Wiltshire Local Maternity System" and "www.transformingmaternity.org.uk".

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## Dementia Roadmap for Wiltshire launched

Alzheimer's Support has launched a great new website to guide people through the process of being diagnosed with dementia in Wiltshire.

As well as the simple online guide to what to expect during the process of being diagnosed with any type of dementia, there are resources that you can print out which could be useful for your dementia and carer support groups.

The [Dementia Roadmap for Wiltshire](#) includes a symptoms guide and things to look out for, information of other conditions that can be confused with dementia, and explains the roles of health care and non-medical staff in supporting families at every step of the way.

The associated [Support Village](#) pulls together links to relevant local information about the support available with things like transport, respite and memory aids.



You can find the roadmap at [www.dementiaroadmap.org](http://www.dementiaroadmap.org)

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## Your Summary Care Record

Your Summary Care Record is an electronic copy of key information held in your GP records. If you need help in an emergency or when your GP Practice is closed, authorised healthcare staff will look at your Summary Care Record for the information they need to help to treat you.

Your Summary Care Record contains information on medicines you are taking, any allergies you suffer from and any bad reactions to medicines that you have previously experienced.

The amount of information healthcare staff will see depends on what you have asked to be added to your Summary Care Record. It is important that you add any additional information that will help with your care.

Your GP surgery has an information leaflet on Summary Care Records and a form for you to complete when you want to share additional information.

Find out more on our [website](#) – go to [www.wiltshireccg.nhs.uk/your-health/your-health-records](http://www.wiltshireccg.nhs.uk/your-health/your-health-records)

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## Help Us Help You - Pharmacy

The focus continues on pharmacy first until the end of March as part of the Help Us Help You stay well this winter campaign.

The message is don't wait for minor health concerns to get worse – speak to your local pharmacy team to get advice right there and then. Community pharmacists and pharmacy technicians are qualified healthcare professionals who can offer clinical advice and over the counter medicines to effectively and safely manage a range of minor health concerns, including:

- sore throats
- coughs
- colds
- tummy troubles
- aches and pains.

More than 90% of community pharmacies have a private consultation room if you need to have a confidential conversation with the pharmacist. And if symptoms suggest it's something more serious, they have the right clinical training to ensure you get the help you need.



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## Patient Participation Group event

We are aiming to hold our next PPG event in April – this is a great opportunity for you to meet other PPG members, share your experience and stay up to date with what is going on around Wiltshire.

Please get in touch if you have any issues you would like discussed or suggestions for topics we could cover in the meeting – email [communications.wiltshireccg@nhs.net](mailto:communications.wiltshireccg@nhs.net) with your ideas.

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## Do you follow us?

Keep up to date with news and information from Wiltshire CCG on social media.



**NHS Wiltshire CCG**



**@NHSWiltshireCCG**

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