

January 2019



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**Hello,**

It's the start of a brand new year and we hope you have all managed to keep warm and well during the first few freezing weeks of 2019.

The start of a new year is often a time for change, with lots of people making resolutions to eat healthier, exercise more and quit bad habits, such as smoking and drinking too much alcohol.

It's been a time of change at Swindon CCG, too. Dr Sarah Bruen has taken on the role of the CCG's Interim Clinical Chair following the resignation of previous Clinical Chair, Dr Peter Mack.

Dr Bruen has been a GP for more than ten years and, since 2006, has worked at Westrop Surgery in Highworhth.

As Clinical Chair, Dr Bruen will be responsible for representing the views and opinions of GPs to the CCG's Governing Body, as well as ensuring that decisions made by the Governing Body have patients' best interests at heart.

Welcoming Dr Bruen to the role, Nicki Millin, Accountable Officer, said: "Being the voice of Swindon's GPs at the Governing Body table requires somebody with a wealth of local knowledge and expertise, as well as somebody with a strong desire to do what is best for our population, and Dr Bruen ticks both these boxes.

"I look forward to building on our already close working relationship and wish Dr Bruen every success in this new role."

If you are not already aware, the CCG's Governing Body meetings are held in public, and are a unique opportunity for anybody with an interest in healthcare to come along and get a feel for what's happening across the NHS in Swindon.

The next CCG Governing Body meeting will take place on Thursday 28 February at 9am.

If you'd like to come along, just drop us an email using [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk).

Additionally, if you'd like to put a question to the Governing Body, just send it to us using the same email address no later than 5pm on Friday 22 February.

**Until next time, stay healthy and happy!**

## Great Western Hospital goes completely smokefree for 2019

The Great Western Hospital became a completely smokefree site on 1 January, meaning smoking is no longer permitted anywhere on the hospital grounds.

The move coincides with a national initiative to make all NHS sites smokefree.

Smoking, which is the leading cause of preventable ill health in England, will be prohibited anywhere across all areas of the Great Western Hospital, including in the car park and in vehicles either parked or moving around the site.

For patients, stopping smoking before or during a hospital visit can also speed up recovery and reduce the risk of complications.

Julie Marshman, Chief Nurse at the Great Western Hospital, said: " We understand that quitting smoking is a personal choice, but there are lots of resources available to help those who do want to give it up."

For more information on the health risks associated with smoking, [click here](#).



## More benefits to exercise than just looking good

At this time of year, lots of people make the decision to exercise more to help get into those clothes that seemed to fit better before Christmas.

While exercise can help people to look and feel better, it also brings with it a huge range of healthy benefits.

Research from the NHS has shown that people who do regular exercise, such as walking, swimming or cycling, are less likely to develop major illnesses such as heart disease, stroke, type 2 diabetes and even some types of cancer.

Being active also gives a person a 30 per cent better chance of avoiding an early death.

[Click here](#) to learn more about incorporating exercise into your daily routine.



## NHS 111 now available online

People in need of medical advice can now get the help they need by using the new NHS 111 online service.

Working in a similar way to the already well-established NHS 111 telephone line, the website takes patients through various questions about their condition and symptoms before giving tailored advice on the best course of action to take.

The new service will also connect people to a nurse, emergency dentist or GP should their condition require a more thorough assessment. Patients can access NHS 111 online 24 hours a day from any device with a working internet connection.

To get to the site, all patients need to do is type [111.nhs.uk](http://111.nhs.uk) into their internet browser and hit enter.

The NHS 111 telephone line, which is also available at all times of the day, can be reached by dialling 111 from any mobile phone or landline.

[Click here](#) to find out more about both NHS 111 services.



## Find out more about proposals to change maternity services

There is still time for people in Swindon to find out more about the proposal to enhance maternity services in Bath and North East Somerset, Swindon and Wiltshire.

The consultation on the proposed changes runs until Sunday 24 February.

People can get involved by completing a paper version of the questionnaire or filling out the online version, both of which are available at [www.transformingmaternity.org.uk](http://www.transformingmaternity.org.uk).



Transforming Maternity  
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### Have Your Say



## NHS publishes Long Term Plan

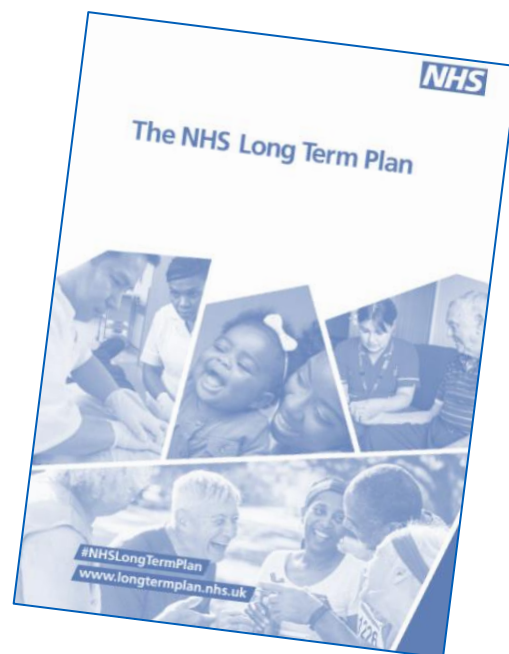
January saw the publication of the NHS Long Term Plan, which sets out the health service's vision for the next 10 years, as well as its ambition to save almost half a million lives through practical action and investment in cutting edge treatments.

The blueprint to make the NHS fit for the future will combine the latest technology, such as digital GP consultations, with a renewed focus on prevention and early detection, which will prevent 85,000 people from dying prematurely each year.

Elsewhere, other pledges included in the plan will prevent up to 150,000 heart attacks, strokes and dementia cases, while major improvements earmarked for stroke, respiratory and cardiac services will also bring benefits to around three million people between now and 2029.

There will be improvements in neonatal care, to help little ones get the best start in life, and more integrated support to help older people live longer, more independent lives.

The NHS Long Term Plan can be read in full by [clicking here](#).



## For your information and interest

- People across Swindon can learn how to improve their mental health in the workplace with a free training course from Swindon Borough Council.

Connect5 provides participants with skills and competencies that build confidence in having conversations about mental health and wellbeing while at work.

The course is made of three sessions and people can find out more by sending an email to [cparadise@swindon.gov.uk](mailto:cparadise@swindon.gov.uk).

- The national patient safety team for the NHS is seeking views on proposals for its upcoming safety strategy.

Developed alongside the Long Term Plan, the strategy will be relevant to all parts of the NHS.

[Click here](#) to take part.

## Governing Body

The next meeting of Swindon CCG's Governing Body will take place on Thursday 28 February.

Minutes and papers of previous meetings can be found by [clicking here](#).

If you would like to attend, please send an email to [communications@swindonccg.nhs.uk](mailto:communications@swindonccg.nhs.uk).

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