

November 2019



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**Hello,**

Christmas is just around the corner, which means the season of giving is upon us. But the one thing nobody is hoping to receive this festive season is a nasty bout of norovirus.

Often referred to as the winter vomiting bug, norovirus is a particularly nasty illness that can spread unbelievably quickly at this time of year.

Washing hands with soap and water, especially after using the toilet and before preparing food, is a tried and tested method of keeping norovirus firmly at bay so, if you aren't already doing this, now is definitely the time to start.

But, if you are unlucky enough to get struck down with either sickness or diarrhoea this winter, make sure you wait at least 48 hours after you have recovered before venturing out into public places, such as your workplace, your child's school, your GP practice or local hospital.

Even though you might be feeling better, you could still be carrying the germs that have the potential to make somebody else feel pretty rotten.

This advice is especially relevant if you have friends or family currently in hospital, as paying them a visit – even if it is just to drop off a card and a box of Quality Street – could inadvertently cause them, or maybe somebody else on their ward, to catch the bug and feel worse than they already do.

While norovirus usually clears up on its own after a day or two, anybody suffering from its symptoms should get plenty of rest, drink lots of water and take paracetamol to ease any discomfort.

If your baby is showing signs of norovirus, it's important that you do not stop regular breast or bottle feeds.

However, it might be easier for you and your little one to opt for little-and-often feeds, rather than following the baby's normal feeding schedule.

More information on norovirus, as well as other common winter illnesses, can be found by visiting [www.nhs.uk](http://www.nhs.uk).

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

## Hospital trust to take on two Swindon GP practices

Long-term provider arrangements have been identified for five GP practices in Swindon that were previously involved with the Integral Medical Holdings Group (IMH).

The five practices for which new arrangements have been made are Abbey Meads Medical Group, Moredon Medical Centre, Taw Hill Medical Practice, Eldene Surgery and Phoenix Surgery.

Taw Hill Medical Practice joined with Highworth-based Westrop Surgery in October.

Eldene Surgery followed when it began working with Victoria Cross Surgery on Monday 11 November.

Phoenix Surgery joined forces with Park Lane Practice on Tuesday 26 November.

The two remaining practices - Abbey Meads Medical Group and Moredon Medical Centre – were taken on by Great Western Hospitals NHS Foundation Trust a day later on Wednesday 27 November, in a move that saw the provider of Swindon's large acute hospital venture into primary care.



## Walk-in Centre remains open as usual

The Walk-in Centre, located on the ground floor of the Swindon NHS Health Centre, remains open as usual.

Healthcare services are still being provided as normal, and will continue to do so until an announcement stating otherwise is made by the CCG.

Currently, the Walk-in Centre is open seven days a week between 8am and 6pm.

People seeking on-the-day healthcare in Swindon are advised, in the first instance, to visit a local pharmacy or to book an appointment at their GP practice.

Information on other healthcare services, as well as advice on self-care, is available 24 hours a day by calling NHS 111 or visiting [www.111.nhs.uk](http://www.111.nhs.uk).



## Update on review of maternity services in Bath and North East Somerset, Swindon and Wiltshire

Since the process started in 2017, more than 4,500 local mums, families and staff have shared views and ideas about how to deliver a safe and positive birth and maternity experience.

The proposals have been rigorously examined and a final set of recommendations will be submitted to a joint meeting of the Bath and North East Somerset, Swindon and Wiltshire Clinical Commissioning Groups Governing Body on Thursday 16 January 2020, when a decision will be made.

This meeting will be in public and will take place at Wiltshire College's Lackham Campus between 10am and 12pm.

Any person with a question or query is advised to send an email to [maternity.transformationBSW@nhs.net](mailto:maternity.transformationBSW@nhs.net).



## Use NHS 111 this winter

As the colder weather begins, people across Swindon are being urged to know the different NHS services available this winter.

Healthcare providers want to make it as easy as possible for people to make the right choice about which service to use.

The key message being shared with local people this year is to always phone NHS 111 first, instead of self-diagnosing or worrying about which local service is most appropriate.

NHS 111 can help people to get the right help, 24 hours a day, 365 days a year.

Trained advisers will ask a series of questions before either signposting to a local service, arranging a face-to-face appointment or offering advice on self-care.

Calls are free from landlines and mobile phones, and translators are also available.

More information can be found by [clicking here](#).



## Recruitment under way for lay members in new Governing Body structure

The clinical commissioning groups of Bath and North East Somerset, Swindon and Wiltshire are searching for dynamic and passionate people to join its new Governing Body, which will be in place following the organisations' merger on 1 April 2020.

Lay members have a key role in ensuring the newly merged CCGs exercise functions effectively, efficiently, economically and with good governance.

Local individuals who have strong links to public and patient engagement, who can also help drive forward improvements, reduce inequalities and support teams to provide the best service for a diverse population, are encouraged to apply.

Six lay member positions are available in the new Governing Body structure.

Details of each post, as well as information on how to apply, can be found by [clicking here](#).



## Patient and Public Engagement Forum

The next meeting of the CCG's Patient and Public Engagement Forum will take place on Thursday 23 January at 12.30pm.

[Click here](#) to find out more.

## Governing Body

The next Bath and North East Somerset, Swindon and Wiltshire Governing Bodies in Common meeting will take place at 5pm on Wednesday 11 December at the Swindon DoubleTree by Hilton. [Click here](#) for directions.

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

## Contact details for the Communications and Engagement Team

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