




## SOLIHULL CLINICAL COMMISSIONING GROUP ANNUAL GENERAL MEETING

As featured in the last issue, the Annual General Meeting took place last Tuesday the 11th July.

It is interesting to see the achievements and also to have a good idea of how the money is spent. The slide below is part of the overall presentation.


The total Budget of £302.4 Million, paid for:



### Facts and Figures

Annual Budget **£302.4m**

- 281,500 outpatient attendances
- 32,000 Operations
- 33,000 Unplanned admissions
- 71,500 A&E attendances
- 4.5m Items Prescribed



A copy of the full slide presentation can be found by clicking [here](#).

If you require more detailed information on the activities of the CCG, then a copy of the Annual report for 2016 - 2017 can be found [here](#).

There are 126 pages, but I am sure you will be able to select those that are of interest to you.

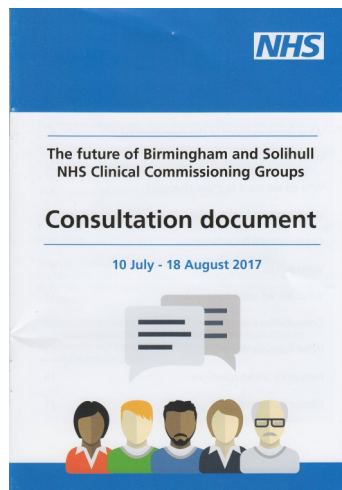
HAPPY READING!

Meanwhile.....

# THE FUTURE OF BIRMINGHAM AND SOLIHULL NHS CLINICAL COMMISSIONING GROUPS.

From the 10th July, a consultation has commenced to ascertain the opinions of Patients on the options relating to the bringing together of the three existing Clinical Commissioning Groups, Solihull, Birmingham Cross City and Birmingham South Central.

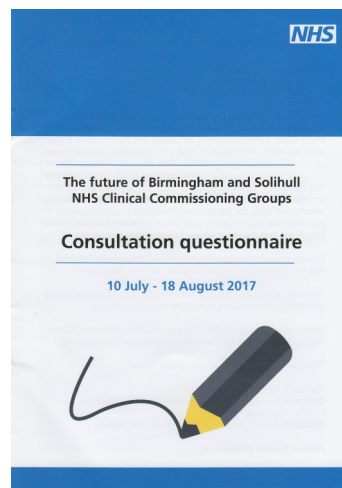
The consultation will run until the 18th August 2017.



A digital copy of this can be found by clicking [here](#).

You will see that consultation meetings are planned throughout the Borough during this period.

You have the opportunity to put forward your views by completing the 'Consultation questionnaire', a digital copy of this can be found [here](#).



Printed copies of both documents are available from the Surgery Reception shortly, which includes a reply paid envelope.

Meanwhile.....



It is not long now until we reach August, the time when Rotation occurs within the medical profession and Doctors who are expanding their experience move to pastures new.

There will be some four changes as far as our Surgery is concerned. As soon as details come to hand you will be informed.

Meanwhile.....

A comment from the Nursing Team on Urinary Tract Infections.

'We see more UTI's during hot weather spells due to dehydration, tips on prevention listed on the NHS Website can be found below.'

### **Preventing UTIs**

If you get UTIs frequently, there are some things you can try that may stop it coming back. However, it's not clear how effective most of these measures are.

These measures include:

- avoiding perfumed bubble bath, soap or talcum powder around your genitals – use plain, unperfumed varieties, and have a shower rather than a bath
- going to the toilet as soon as you need to pee and always emptying your bladder fully
- staying well hydrated
- wiping your bottom from front to back when you go to the toilet
- emptying your bladder as soon as possible after having sex
- not using a contraceptive diaphragm or condoms with spermicidal lubricant on them – you may wish to use another method of contraception instead
- wearing underwear made from cotton, rather than synthetic material such as nylon, and avoiding tight jeans and trousers

Speak to your GP if these measures don't work. They may suggest taking a long-term course of antibiotics or they may give you a prescription for antibiotics you can use as soon as you experience symptoms of a UTI.

There's currently little evidence to suggest that drinking cranberry juice or using probiotics significantly reduces your chances of getting UTIs.

Particularly during hot weather, do increase your fluid intake to help mitigate the chances of developing a UTI.

Meanwhile.....

Enjoy your weekend.

