



# North East and North Cumbria

## Our first year

A report from the  
North East and North Cumbria Integrated Care Board (ICB)

This is an **easyread** summary of our Annual Report

You can find the full document on our website

[www.northeastnorthcumbria.nhs.uk](http://www.northeastnorthcumbria.nhs.uk)



## July 2022 to June 2023

**Easy read version** created by the Easy Info team at **Skills for People** employing people with a learning disability.

A member of the **Good Life Collaborative**, a group of local community and charitable organisations working across the North East and North Cumbria.



## The North East and North Cumbria Integrated Care Board (the ICB)



Over 3 million people live in North East and North Cumbria.



Lots of organisations work together to provide health and care for these people. Including health services, councils, charities, community organisations, and Healthwatch.



The **Integrated Care Board (ICB)** is a new NHS organisation: a team of people.



The ICB helps organisations work together to improve health and care.

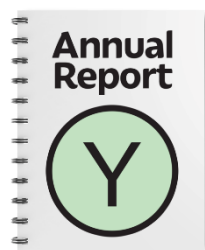
## Our first year



Liam Donaldson  
Chairperson



Sam Allan  
Chief Executive



This report is about the first year of the ICB.



We want to say **thank you** to everyone who work hard for the health and wellbeing of the people in our area:

♥ People who work in our health and care teams



♥ People who work in community groups, charitable organisations, hospices and Healthwatch



♥ People who care for their families, friends and neighbours.

## Better health and wellbeing for all in North East and North Cumbria



People from across the region helped to make a **three year plan** to improve health and wellbeing for local people.

**The plan includes four main goals:**



**Longer and healthier lives for everyone** – making sure everyone has the chance to live healthy lives for longer.



**Fairer opportunities for everyone** - equal opportunities for everyone to be healthier.



**Better health and care services** – making sure everyone has access to the same high-quality health and care services, no matter where they live.



**Helping children and young people** – to give them the best start in life to be happy and healthy.

## Our plan says we want to make these things better



We want everyone to have the chance to live as long as possible. This means **everyone** should get help to stay healthy, and get good care when they are not well.

## We are working to make these things happen:



Fewer people to go to hospital because of alcohol.



Fewer deaths caused by suicide.



Fewer people to die by taking illegal drugs.



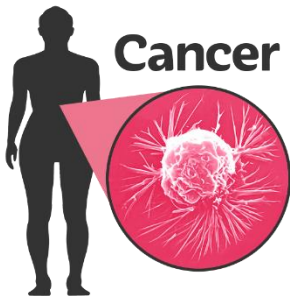
Fewer people to smoke.



Fewer people to be isolated from other people.



More children to be a healthy weight.



People with cancer to get diagnosed more quickly.

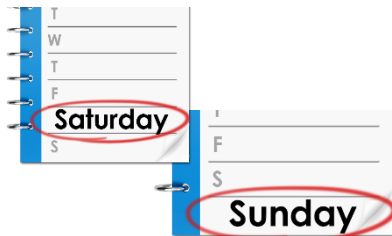
## This year: what has got better? Getting help at your GP surgery



This year we made it easier to get an appointment at the GP surgery.



There were 1.5 million appointments a month.



There were more evening and weekend appointments.



3 out of 4 people had a face to face appointment.



There were more video appointments with GP surgery staff for people who prefer this.



As well as doctors there are other people who can help: nurses, pharmacists, and people who can help you get support near where you live.



GP surgeries are getting better phones and computers which will make it easier to contact them, and get the right help in the right place.



This year: what has got better?

More local places to get help



Local pharmacies (chemists) can help people with health problems.



This means fewer people need to see their doctor.

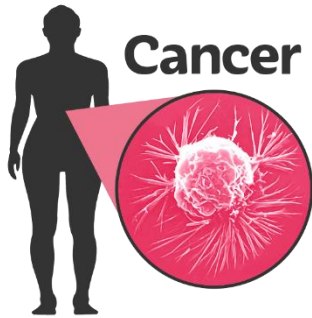


This year our pharmacies treated 16,000 women for infections in their bladder or kidneys (Urinary Tract Infections).

## Improving care in hospitals



Waiting times for hospital treatment got better.



There will be new centres in North Cumbria, Gateshead and Stockton-on Tees, where people can go for tests to see if they have problems with their heart or lungs, or may have cancer.

These are called 'Diagnostic Centres'.

## Help while waiting for an operation



A new project gave vulnerable people extra help while they are waiting for an operation. This could be help to eat more healthily, exercise or join a group



These things can help an operation go better, and the person can recover more quickly after the operation.



We worked to make sure people who call an ambulance get into hospital more quickly. This can save lives.

This year: what has got better?

Helping people stay healthy



This year over 2 million people had flu or covid vaccinations – the most ever!



We know the cost of living is making people's health worse. We worked with energy companies, to make sure vulnerable people don't get their power supply cut off.

## Jobs for local people



We are making it easier for local people to work in our health and care services.

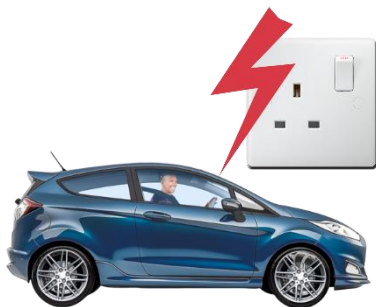
## England's greenest region



We are working together to be the greenest region by 2030.



Air pollution can make people ill. The NHS can do a lot to reduce pollution in our area.



Things like using more electric cars.

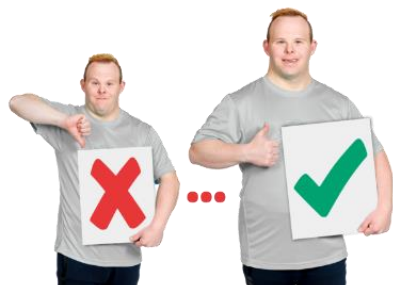


And building new buildings which waste less energy.

## Best at getting better

We know there are things which still need to be better.

### Learning from reports and inspections



Some local services have not been as good as they should be. We are working hard to make services better.



We use money so that people who work in our services can come together to learn from each other and make plans.



They will work with people from universities, and industry to come up with new ideas for the future.

Best at getting better

## Listen and involve local people



We are keen to hear from local people what can help them be healthy and well. Their ideas help us make services better.

**healthwatch**



Healthwatch has joined the ICB. Healthwatch will help us listen more to local people, patients, families and carers.

## Money



The ICB had a budget of £7 billion.



About half of this money was spent to keep hospitals running.



The rest is spent on mental health, and services in the community. This includes GPs and others.

## Our next year



Next year the ICB will have to save a lot of money.



We have to plan how to make best use of the money we have.



Next year the ICB will take charge of managing:

- pharmacies (chemists)



- dentists



- optometry (opticians).