

Better Health and Wellbeing for All

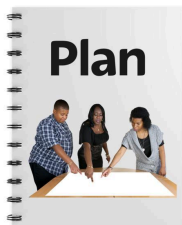
Joint Forward Plan 2023 – 2028

Easy Read

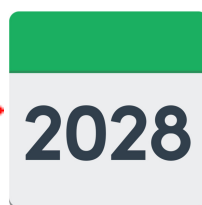
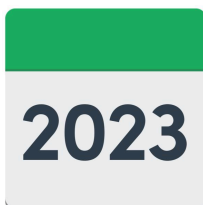
Introduction

What is the Joint Forward Plan?

In the North East and North Cumbria, we have created a plan called the Joint Forward Plan.



The plan shows how the NHS will work together with you and local organisations to help people live longer and healthy lives.



The plan starts in April 2023 and runs until March 2028. We will check to see if the plan is working each year in March.



The plan talks about 'Better Health and Wellbeing For All' in our communities and has been created by the NHS, local councils, and voluntary groups working together.



We will work with local people and organisations to make sure we meet the needs of our communities. This is called a 'place plan'.



This will allow us to:

Help people live longer and healthier lives



Make sure everyone is treated fairly and has access to the same high-quality health and care services.



Make our health and care services better.



Give children and young people the best start in life.



Longer, healthier lives and fairer outcomes for people.



We know that things like your job, education, housing, and money can affect your health and well-being.



The NHS will work together with others to make things better for people and try to manage health and care problems early, before they get worse.



Working in partnership

When working with others, we will focus on:

Prevention



Stopping sickness and diseases from starting, helping people to live a healthy life, and lowering the chances of different health problems.



Health inequalities - If some people get poorer healthcare than others, we say they face 'health inequalities'.



Making sure everyone can get medical help and have the same health results, no matter who they are or where they live.



Helping the NHS understand other things that affect your health



We will support the NHS to have a better understanding of how things like money and housing can affect your health.



Prevention and our goals

In the North East and North Cumbria, people do not live as long as people who live in other areas do, especially in the poorer areas.

Our goal is to help people live a healthy life for longer.



We want to:

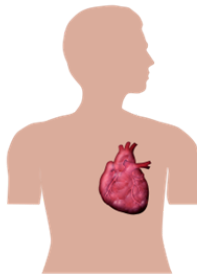
Reduce harm from drinking alcohol.



Help more people have a healthy weight.



Help more people to stop smoking.



Make it easier for people to discover and manage serious heart problems.



Reducing health inequalities

We want to make sure that everyone has equal access to the same high-quality health services.

This means making health services more accessible to people who live in poorer areas in the North East and North Cumbria.



To do this we will work with our partners and communities.



We will make sure communication is better across the NHS.



We will also make sure those who do not use technology are able to access the services they need.



Pregnancy and postnatal care:

We will support pregnant women to have a healthy start.



We will help those who are at risk with health problems.



We will help pregnant women who smoke to stop smoking.



Housing

We are working with our partners to improve poor housing.



We want to help older people to live in their own home for longer and make hospital stays shorter.



We want to fix issues by setting up a network for housing, health and care services.



We will help more people live independently by setting up more 'extra care' housing.



'Extra care' housing means housing that also offers help with things like personal care and household tasks.

Work and health



The NHS is working with local councils to make it easier for people to find and keep good jobs in the North East and North Cumbria.



The plan will support those with their health to make it easier for people with health problems to work.

Carers and volunteers



We will provide more support for carers and volunteers



We will listen to carers and include them in decisions we make.



Training Room

We will run training programmes for volunteers and carers.

The best start in life



Access to early healthcare is important so that children get the best start in life.

Maternity



Our goal is to make the North East and North Cumbria the best and safest place to have a baby.



We will help people understand how to keep safe whilst pregnant.



We will listen to women and families, including those from diverse backgrounds.



We will train our staff and make sure that they are able to do their jobs well and respond in a caring way when things go wrong.



We will keep up our high standards by using new technology, and focusing on important health pathways.

A health pathway is a tool we use to make sure we deliver the best quality health services.



We want to grow our family hubs and include midwife teams who will work in communities.

Children and young people

We want to improve children's health and will work closely with local partners in education, safeguarding, and social care.



The areas we will focus on are:

Mental health and wellbeing - improving mental health services including making them better quality and more accessible.



Long-term conditions - we are helping children stay healthy by offering more support for conditions like asthma, diabetes, epilepsy, oral health, and mental health.



Health protection - We will work to make sure more children get vaccinations to keep our communities healthy.





Teenagers and young people with complex needs - We want to reduce the appointment waiting times for children and teenagers who have complex needs.



The best start in life – we aim to give every child the best start in life, including more support for pre-school children and women who are pregnant or have a young baby.

Improving health and care services



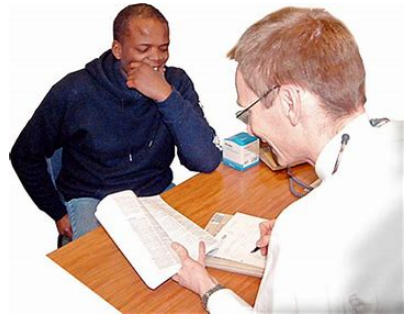
We want everyone to get the same high quality and safe healthcare, no matter where you live or who you are



We will work together in health and care to provide better care for everyone.



We want to offer person-centred care, near to where you live.



We will focus on stopping health problems before they become serious by acting early.



Collaboratives – we have set up some partnerships to help us deliver better services and care - these are called collaboratives. This includes all NHS hospitals and NHS trusts.

We have four collaboratives who each focus on a different part of the health and care system.

Primary Care Collaborative



Our local health services like general practice, pharmacy, optometry, and dentistry are working to improve primary care in the North East and North Cumbria .



Optometry is a service that looks after your eye health.



North East and North Cumbria Provider Collaborative

This includes all hospitals and trusts in our area working together to make services better.



Mental health, learning disability and autism collaborative

Mental health, learning disability, and autism services will work together to provide better care.

This includes children's mental health, secure services for adults, and support services for adults with eating disorders.



Hospice Collaborative

Hospices are important for end-of-life and community care. We are working with hospices to make these services better.



At the heart of our plans

We will help people to access care that is personal to them.



We will provide better support to all carers including young carers and family carers.



We will safeguard adults, children and young people including supporting people with self-neglect and by following the Domestic Abuse Act 2021.



We will increase women's health by creating a Women's Health Steering Group where women's voices will help us make decisions, and working to reduce violence against women in the North East and North Cumbria.



Services for the community



Supporting people to age well

People are living longer lives and as people get older, their health often gets worse.



This is putting more demand on health services.

We are making changes to our health and care services to meet the needs of an older population.



This includes providing care at home for older people more quickly, and helping our Neighbourhood Teams make sure that people living in care homes get the same health care as people who live in their own home.



End of life care



We will work with hospices to make sure that people near the end of their lives, and their loved ones get the support they need.



We will do this by growing and training the workforce in hospices, and improving access to care.



Pharmacy and medicine

At the moment we spend about £560 million each year on prescriptions.



We plan to make sure medicines are used in the right way and use some of the money in a better way.



This means giving out less antibiotics and working with pharmacies to manage things like colds and flu.



We also want to prevent people with learning disabilities being given too much medication where they may not need it, especially children and young people.



Primary care

Primary care in the NHS involves GP practices, pharmacies, dental surgeries, and opticians.

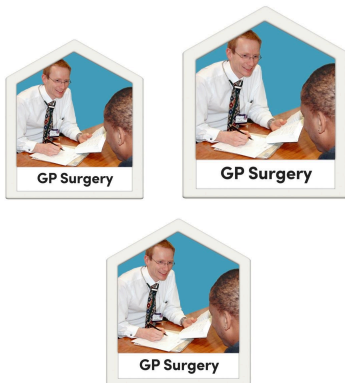
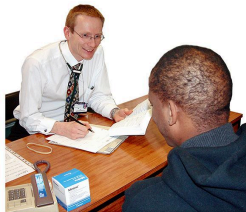
Primary care teams often work together with community mental health, social care, and voluntary sector organisations.

This means we can provide better support for older people and people with complex needs.

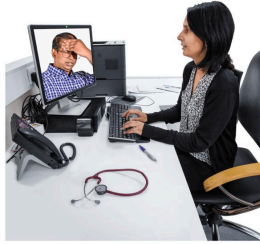


GP surgeries

We want to make more appointments available so that you get the health care you need.



We will create bigger networks of GP practices so we can offer more appointments. This might mean seeing a different doctor to the one you usually see.



We will also focus on using new technology to make the GP services better.



Dental surgeries

We are improving dental care in the areas that need it most.



In the first two years we will increase 111 services and improve out-of-hours services for dentistry.



In the next three-five years, we will grow dental services and have more dentists working in the NHS.



Pharmacy and optician services



In April 2023, the Integrated Care Board (ICB) started to manage the funding for dental surgeries, pharmacy and optician services.

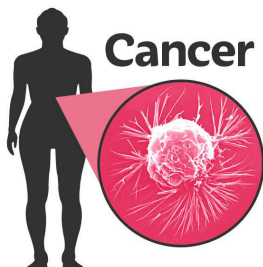


We are working on our plans to improve these services and will share these plans in the updated Joint Forward Plan in March 2024.



Acute and secondary care

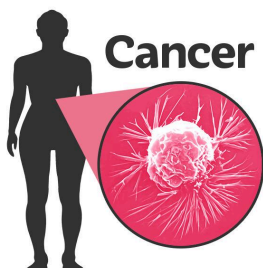
This means care that usually takes place in a hospital and can include things like cancer care, emergency care and treatment for other severe illnesses and disease.



Cancer

Care for people who have cancer

We are working to:



Cancer

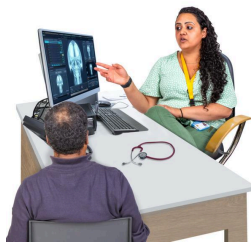
Find cancer early by making sure people can attend cancer screening appointments.



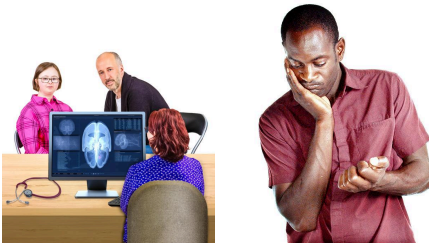
Making sure people get the same, fair and high-quality care when living with cancer.



Using feedback from people with lived experience to improve care and improve our workforce.



Getting a diagnosis – this means finding out from a specialist what your health problem means for you.



In our area, people are waiting too long to get a diagnosis.

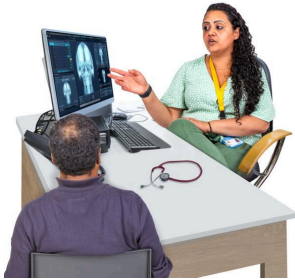


Our plan includes:

Making sure that no one waits longer than sixty five weeks for a diagnosis.



Offering patients a choice of where they get their care.



Being able to diagnose people quicker to reduce the wait times.



Offering extra support to NHS Trusts who are facing challenges.



Urgent and emergency care
Even though wait times are long in our accident and emergency departments, you can wait longer in other areas of the country.



We want to make our waiting times for urgent and emergency care much shorter.

To do this we will:



Make sure staff working in our ambulances have better training to deal with more problems, including people with mental health problems.



Make sure ambulances can hand patients over to hospitals quickly and safely.



Improve the time it takes for an ambulance to reach you.



Growing the 111 service and creating more options to get the help you need.



Mental health, people with a learning disability and autistic people



People with a learning disability and autistic people die at a much younger age than other people.



We aim to improve the lives of people with a learning disability and autistic people by:

Making healthcare more accessible.



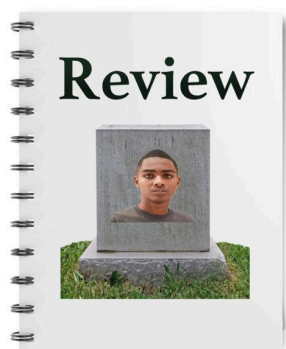
Reducing the waiting times for assessments so that people can get the support they need in education and work.



Making sure that people with lived experience are included in decision making.



Making sure our workforce have learning disability and autism training.



Learning from reviews like the Learning From Lives and Deaths (LeDeR) review.



Improving mental health is a key focus for our area.



We will make it easier to access therapies and make sure that people can get a dementia diagnosis.



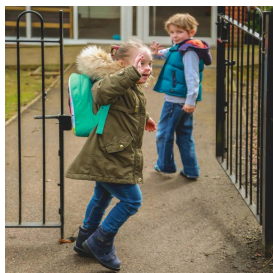
We will focus on mental health around pregnancy and birth, and mental health for children and young people.



We will make talking therapies and crisis support more accessible for adults.



We aim to reduce the number of people dying from suicide in our area.



We will make mental health care more accessible for children, including more school-based support.



We will offer better treatment to people with eating disorders.

Enablers



The key people and things that make the Joint Forward Plan work are known as enablers.



A skilled and empowered workforce
We want our health and care services to be the best place to work in our area.



Best use of resources

We want to use things like our funding, equipment and workforce better to help us improve services and get the best value for money.



Including people with lived experience to find the best ways of working



We want to include people with lived experience and the people who use our services to help us make changes and improve services.

Protecting the environment



We want the North East and North Cumbria to become the greenest NHS region by 2030.



This includes reducing waste, cutting the amount of NHS travel by road, and creating green spaces at NHS hospitals.



Using new technology to carry out research and collect information.



Research We plan to raise money for better research so that we can improve health and wellbeing for all in our area.



Estates We are planning to improve healthcare buildings like hospitals and GP surgeries.



Technology We are working hard to make sure that new technology is used to make services better for everyone.

This includes new technology that will help reduce waiting times for appointments.



This also includes digital patient records making them more accessible and secure.



Get Involved

This is our first Joint Forward Plan. We have tried our best to include all the feedback and ideas we received.

In 2024, we will continue working closely with partners and including the people who use our services to make more improvements.



We know that there are gaps in services like long-term conditions, dementia care, gender services and care packages.



Our goal is to create clear plans that help improve these services.



This guide of the Joint Forward Plan was made by a team of adults with learning disabilities and autistic adults.



The document has been produced by Bridge Creative and peer-reviewed by Sunderland People First.



We are members of the Good Life Collaborative which is a group of voluntary, community and social enterprise organisations working across the North East and North Cumbria.