

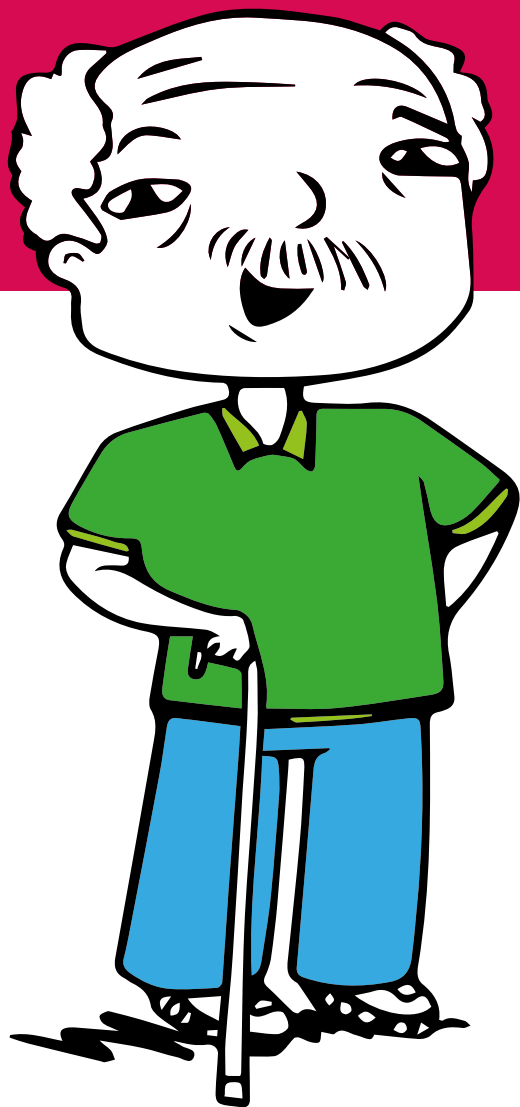


**Integrated
Care System**

Nottingham & Nottinghamshire

**Our five year plan for the health and care system
in Nottingham & Nottinghamshire 2019/2020 – 2024/2025**

#TogetherWeAreNotts
www.HealthandCareNotts.co.uk



We are living longer, but not always healthier and happier.

Everyone in Nottingham and Nottinghamshire deserves to live well into their old age.

Our five year strategy sets out a new shared vision for everyone working in health and care. It's an ambitious plan and one that we're very excited about. We truly believe it will enable people to live longer, healthier and happier lives across our City and County.

Our staff are our greatest asset. That's 35,000 people locally including NHS workers, social care colleagues plus everyone in the public, private and voluntary sectors.

We need to be collaborative, creative and courageous. By breaking down organisational barriers we will improve the health of our local population, whilst spending public money wisely.

As a health and care system, we have been tasked with turning the ambitions of the NHS Long Term Plan into reality at a local level. Our funding is increasing over the next five years by 26% to £3.2 billion, however costs are expected to increase by over 37%.

We know that access to and quality of healthcare services are only a small contributor to health outcomes. It is our deprived communities that have the greatest range of factors that impact adversely on the health of individuals, families and communities. A key challenge for our system is tackling the inequalities that exist in healthy life expectancy.

This summary version explains our priority areas which include a greater focus on preventing illness such as Type 2 diabetes; addressing the inequalities in mental health services and making sure people are seen in the right place, at the right time.

NHS staff, patients and partners have shaped our plan and we would like to thank those who shared their views.

Read our full plan www.healthandcarenotts.co.uk
Join the conversation on socials **#TogetherWeAreNotts**



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**Digitally-
enabled care**



**Best start
in life**



**Personalising
care**



**Prioritising
prevention**



**Change
is happening.**

We are joining forces with the NHS,
councils and other partners across
Nottingham and Nottinghamshire
so that our people live healthier,
happier lives.

#TogetherWeAreNotts

**Supporting our
workforce**



**Working as one
health and social
care system**



**Reducing pressure
on emergency care**

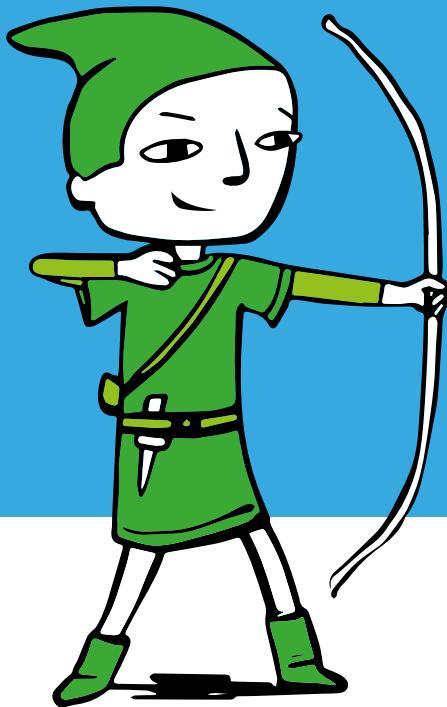


Ageing Well



Our Triple Aim

1. Improving the health and wellbeing of our population
2. Improving the quality of care and life for our people and their carers
3. Improving how effectively we use our resources – including finances, workforce, estates and technology – to provide high quality, efficient and sustainable care



Our Challenges

Our health is influenced by where we live, learn, work and play. By working together with health, local government and the voluntary sector we must tackle health inequalities.

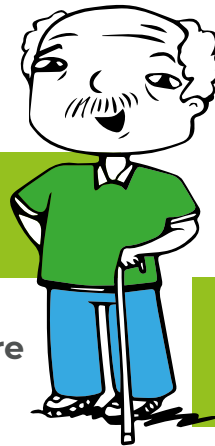


1.1m

people live
in Nottingham
and Nottinghamshire

23%

of people in
Nottinghamshire
are aged 60+



7,595

years of life lost
to alcohol related
conditions for under 75s



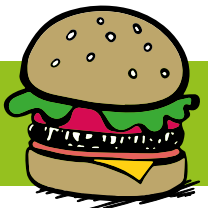
15%

of pregnant
mums are
smoking at delivery



66%

of adults in
Nottinghamshire
are **overweight**



13,883

admitted to
hospital for alcohol
related heart problems



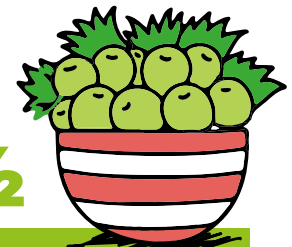
14%

of adults doing
30 minutes of
exercise a week



14½

year gap in healthy life
expectancy across our
neighbourhoods



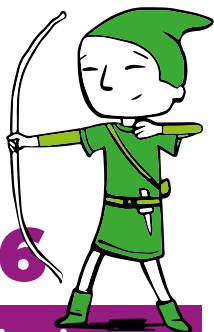
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Our Workforce

Our staff are our greatest asset. That's 35,000 people working across health and care.

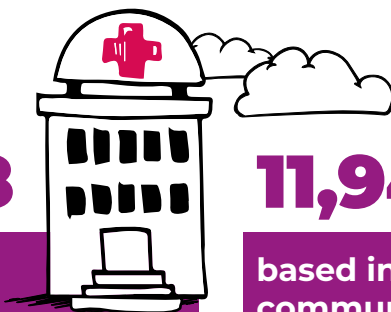
35,436

people working in health and care



18,318

based in a hospital



11,949

based in the community



12.1%

NHS vacancy rate (vs 9.1% national average)



£40m

spend on agency staff in 18/19



28%

of employees are male



72%

of employees are female

1/4

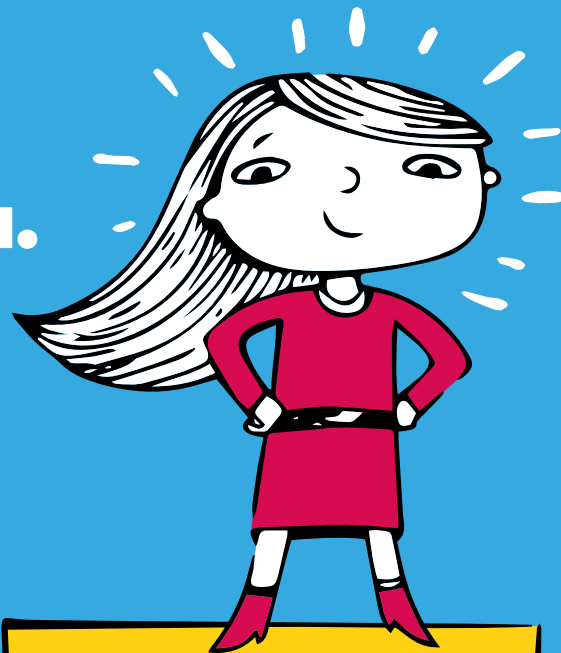
of our workforce are 50+



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If it matters to you. It matters to us.

More than 1,000 people gave us their views on mental health, urgent care and health prevention.



"The best thing about the NHS is that it is for everyone"

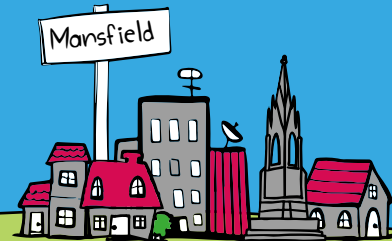
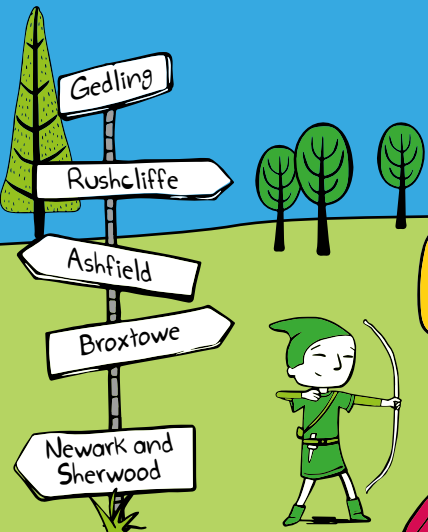
"A greater focus on mental health"

"A better understanding on digital technology and my care"

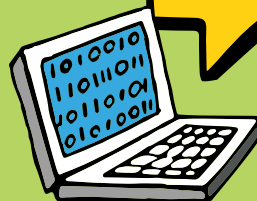
"Concerns about pressure on services and waiting times"

"Prevention – help me to help myself"

"We have a compassionate, dedicated and helpful workforce"



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“We’re cutting smoking, limiting alcohol-related A&E admissions and reducing obesity through better targeted services.”



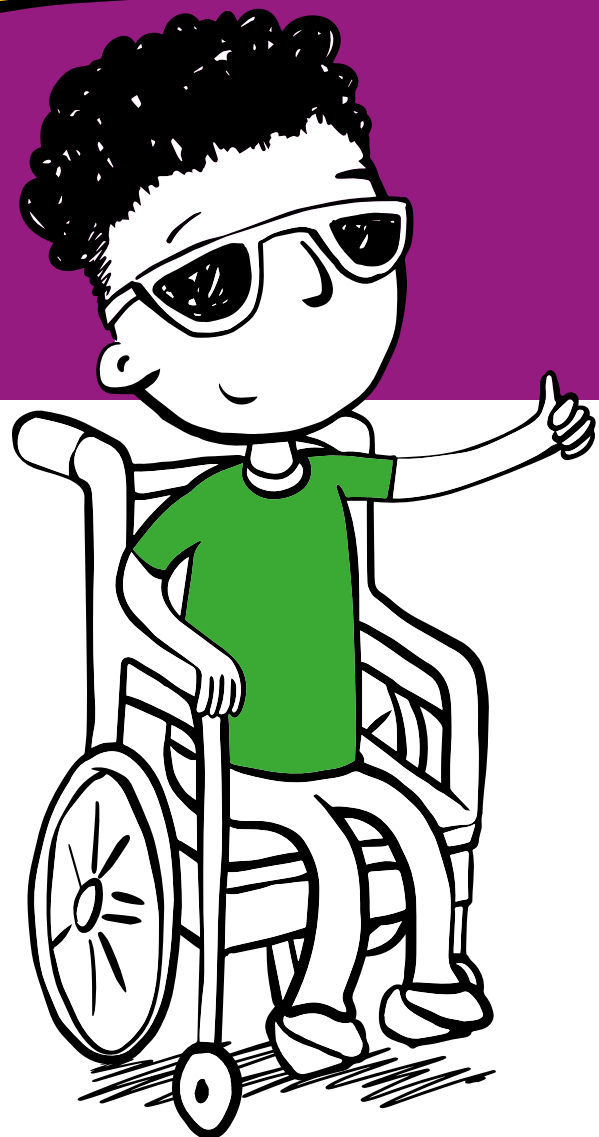
Priority 1:

Preventing illness and tackling health inequalities

We’ve set out new commitments to prevent the conditions that represent the biggest demand on our NHS and social care services. Smoking remains England’s biggest killer and nearly two-thirds of adults are overweight or obese.

The best way to ensure a long life in good health is to have the best start in life – a decent education, a warm and loving home and an income sufficient to meet our needs. We are seeing an exciting move to ‘population health management’ which is about using data to identify people who would most benefit from changes in their external environment that impact on their health.

“We’re giving people more control over their health and more personalised care when they need it”



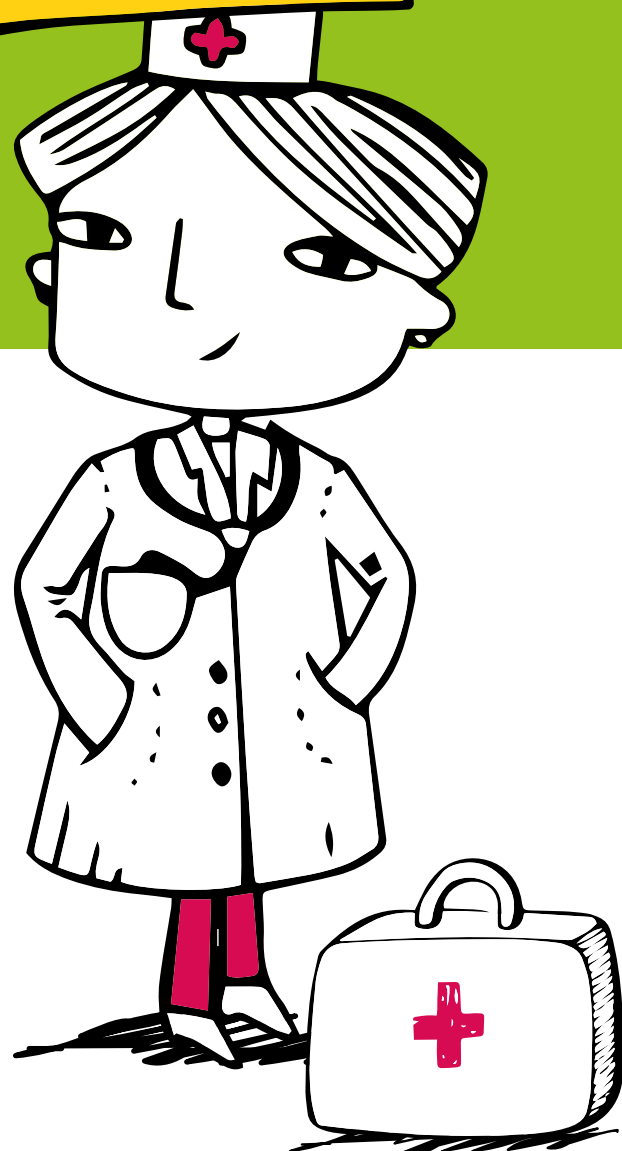
Priority 2:

Greater proactive care, self-management and personalised care

Our teams are being equipped to deliver more personalised care. We recognise that a one-size-fits-all approach does not meet the increasing complexity of people’s needs and expectations.

We are seeing the introduction of social prescribing. This includes Link Workers helping patients to access community groups and other activities to tackle their health issues. We are also seeing the acceleration of personal health budgets and new technology, such as the NHS App.

"We're boosting out-of-hospital care to reduce pressure on emergency hospital services."



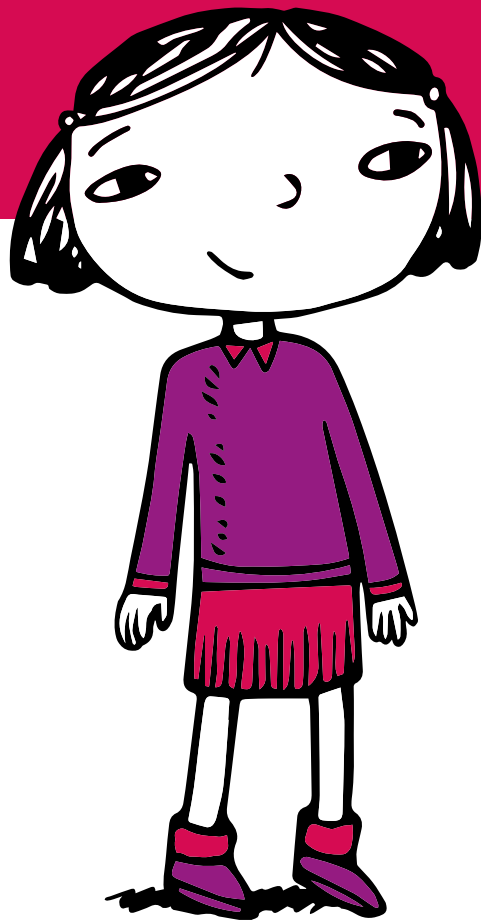
Priority 3:

Urgent and Emergency Care

We need to make sure patients get the care they need, fast, and to relieve pressure on A&Es. Many people who attend A&E are likely to be better treated outside of hospital. A great example of this is our Call for Care service which helps patients avoid a hospital admission through a two-hour response to their care needs – this is being rolled out across the whole of our area.

We are also building on our work with local councils and social care to accelerate hospital discharges which will help free up pressure on hospital beds.

“We’ll narrow the gap between serious mental illness life expectancy and the rest of the population by 3 years.”



Priority 4:

Mental Health

Our focus for mental health services includes physical health checks for people living with severe mental illness and extended support for new mums with specialist community care.

We are rolling out Mental Health Support Teams to 43 schools in South Nottinghamshire to offer pupils increased access to emotional and wellbeing support. These schools are the first in Nottinghamshire to test this model, and learning from these trailblazers will inform the future rollout of the scheme across the City and County.

“Our funding is increasing over the next five years by 26% to £3.2 billion, however costs are expected to increase by over 37%”

Priority 5:

Value, resilience and sustainability

We are committed to getting the most out of taxpayers' investment in the NHS. We will all need to work differently to maximise the impact of taxpayers' money – this includes things like creating shared 'back-office' activities, making the most of our buildings and land and working together to make it easier to hold follow-up appointments over the phone and standardise the way care is delivered across our area.

Find out more
www.healthandcarenotts.co.uk

Join the conversation on Twitter and Facebook using the hashtag
#TogetherWeAreNotts



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