

Health and Care in Nottingham and Nottinghamshire

2019/2020 – 2024/2025



Integrated
Care System
Nottingham & Nottinghamshire



Everyone in our City and County deserves to live well into their old age.

In July 2018, the government announced more money for the NHS to tackle the growing pressures on our hospitals, GP practices and within care for older people.

Since then, doctors, nurses, patients and local people across Nottingham and Nottinghamshire have been planning how to spend that extra money to improve services for everyone.

Our five year plan sets out a new shared vision for health and care services in our City and County. We truly believe it will enable people to live longer, healthier and happier lives.

This short summary lists the things that we think are most important over the next five years. This includes a greater focus on preventing illness in the first place; making sure that everyone who needs it can access mental health services and moving services out of traditional hospital settings and into places closer to where people live.

By breaking down organisational barriers between the NHS, local authorities, volunteer groups and other organisations, we will improve the health of our local population, whilst spending public money wisely.

Find out more: www.HealthandCareNotts.co.uk
Join the conversation: [#TogetherWeAreNotts](https://twitter.com/TogetherWeAreNotts)



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Our Shared Priorities

Prevention

The NHS will always be there for you when you get ill. But it is struggling to cope with demand, especially as our population grows and expensive new treatments are invented. We all have a part to play, alongside nurses and doctors and other experts, in stopping ourselves from getting ill in the first place.

Smoking remains England's biggest killer and nearly two-thirds of adults are overweight or obese. The NHS and councils are working to help people quit smoking and to be more active. Councils have a wider role to play in supporting public transport, delivering improvements in housing, maintaining green spaces and enabling people to get and hold down a job. All these things help us to stay healthy.

Over the next few years, a clever system of data and analysis will enable doctors, nurses and other experts to spot when certain groups of people are more likely to fall ill than others and quickly step in to try to stop it.

Proactive and Personalised Care

Personalised care will benefit people by giving them the same choice and control over their mental and physical health that they have come to expect in every other aspect of their life.

We will focus on 'what matters' to people rather than a one-size-fits-all approach.

A great example is the introduction of Link Workers who are helping patients to attend community groups and other activities to tackle health issues. We are also prioritising personal health budgets and supporting more people to use new technology, such as the NHS App.

Urgent and Emergency Care

When things are really serious and you need emergency healthcare, the local A&E can be the best place to go – but everyone knows about the long wait you might have. We need to make sure you get the care you need, fast and to support the doctors and nurses who work there. Of course, many people who attend A&E are likely to be better treated outside of hospital.

We are building on our work with local councils and social care to get people out of hospital and back home to recover, rather than staying too long in a hospital bed.

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.

Value and Sustainability

You don't just use NHS and social care services – you pay for them too, either through your taxes or directly to the social care provider.

Our approach to value and sustainability provides a way for us to live within our means and still provide the services that our communities want. This will include working differently to maximise the impact of taxpayers' money.

Make Your Pledge

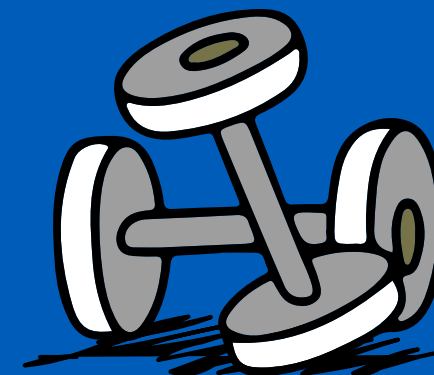
What can you pledge to do differently to improve your health?

Some examples are:

I pledge to drink less alcohol and become healthier.

I pledge to move more and start the Couch to 5K App.

My family pledges to use NHS services wisely.



Make your pledge on Twitter and Facebook using the hashtag **#TogetherWeAreNotts**



Or complete your pledge on our website
www.HealthandCareNotts.co.uk