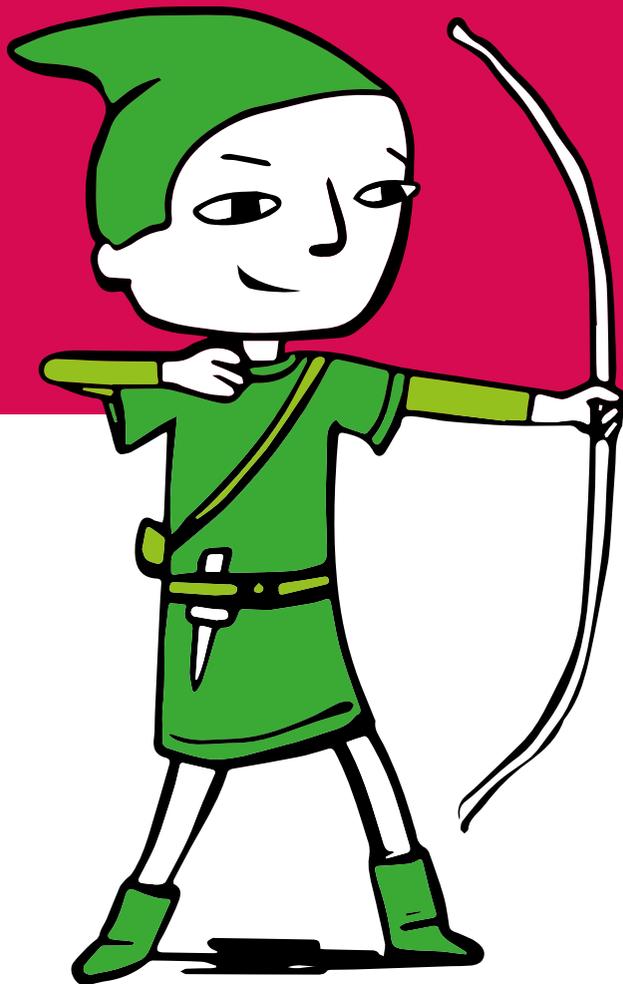




Integrated
Care System
Nottingham & Nottinghamshire

Health and Care in Nottingham and Nottinghamshire 2019/2020 – 2024/2025



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. The plan enables us to tackle the growing gaps in healthy life expectancy across our area.

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.

This short summary explains how we must work differently to join up services so that the one million people living in our communities benefit from better care - now and in the future.

Find out more: www.HealthandCareNotts.co.uk

Join the conversation: [#TogetherWeAreNotts](https://twitter.com/TogetherWeAreNotts)

Our Shared Priorities

Prevention

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.

Proactive 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.

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.

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

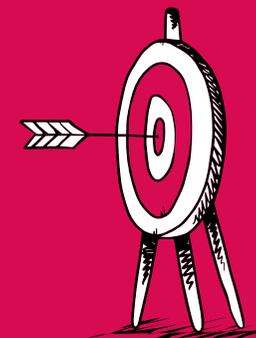
What can you do differently on both a personal and professional basis?

Some examples are:

I pledge to ask my patients "What matters to you" rather than "what's the matter with you"?

Our team pledges to work with other teams to better join up care for our patients.

Our team pledges to have more conversations with our patients about healthy lifestyle choices.



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



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