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|  | **This easy read tells you about the:****Integrated Care Strategy for Nottingham and Nottinghamshire** **Our plan from 2023 to 2027**  |
|  | This is our plan to help every person enjoy their best possible health and wellbeing. |
|  | **What is the Integrated Care System?** |
|  | There are lots of different organisations that can help when you are ill or need support.  |
|  | This can be different NHS services, the council or charities. This can be confusing. |
|  | We think that all the organisations involved in health and care in the local area should work together. This is called an integrated care system or ICS for short. |
|  | Integrated care systems are about planning health and care services based on what people need in their area.They will work with local people to decide what to do.  |
|  | **Our integrated care system will**:  |
|  | * make sure that people can live as healthy a life as possible
* make sure that you only have to tell your story once
* make sure that Nottinghamshire and Nottingham City are the best place for people to work in health and care

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|  | **How will services work together?** |
|  | **Health and social care organisations will work together.** These include: |
|  | * organisations or services run or paid for by the NHS (like hospitals and your local doctor)
* councils
* voluntary and community organisations (like charities)
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|  | **Services that help with your thoughts and feelings (mental health) and services that help with your body (physical health) will work together more.**This will help people to get the right support. |
|  | **Local doctors (GPs), pharmacies (chemists) and hospitals will also work together more and share ideas**. |
|  | This will make sure people get the care and treatment they need at the right time. |

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|  | **Our 5-year plan** |
|  | **Why are we here?** |
|  | We are here to help every person enjoy their best possible health and wellbeing. |
|  | **What we going to do:**  |
|  | **Improve people’s health outcomes** |
|  | * We will support children and young people to have the best start in life.
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|  | * We will help older people with illnesses to stay as independent and healthy as possible.
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|  | * We want services working together to make sure that you only need to tell your story once.
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|  | **Make sure that people get the same good health care wherever they live.**  |
|  | * We will support children, young people and adults who have the most needs
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|  | * We will spend more time working at preventing illness caused or made worse by unhealthy lifestyle choices like smoking and drinking
 |
|  | **Make sure what we do is good value for money and also makes services better.** |
|  | * We will have 1 place for services to find new staff
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|  | * We will share what good services look like and how service can be better.
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|  | * Share what we know about people’s needs and keep this information in 1 place.
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|  | **We will work together to create more jobs and make things better for the environment**  |
|  | * Use our funding to support local communities and help people in these communities think about getting jobs in health and social care.
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|  | * Work together so what we do is better for the environment.
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|  | * Health, wellbeing and education for children and young people we will help them to get work and have better life chances
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|  | **How are we going to do it?** |
|  | 1. We will work with local people and put their needs at the centre of what we do.
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|  | 1. We will work hard for the health and wellbeing of local people
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|  | 1. We will move from working separately and work together
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|  | **Our values*** We will be open and honest with each other
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|  | * We will respect each other
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|  | * We will be accountable; this means doing what we say we will do
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|  | Please share this information with people who support you.They can help if there are parts you don’t understand. |