



This is a public summary of the Nottingham and Nottinghamshire Joint Forward Plan. The full plan can be found on the local ICS website: healthandcarenotts.co.uk/integrated-care-strategy/joint-forward-plan/

What is a Joint Forward Plan?

NHS organisations in Nottingham and Nottinghamshire have come together with partner organisations, including local authorities and the voluntary and community sector, to produce a strategy that explains how we are going to improve health and care for local people. This is known as our Integrated Care Strategy. You can watch a video explaining the strategy on our website. The strategy sets out how we are going to work together differently to ensure that:

Every person will enjoy their best possible health and wellbeing.

This strategy will guide our approach up to the year 2027. In order to achieve the aims of this strategy, we have now published a Joint Forward Plan, which provides the detail of what we are going to do. NHS organisations around the country, together with their partner organisations, are required to write these strategies and plans. Many local individuals, groups and organisations have been involved during spring 2023 in writing the plan.

Why do we need this plan?

There are growing differences in people’s health and wellbeing in our communities. While some people are living healthier lives for longer, some people are living in poorer health and have worsening opportunities to reach their full potential. This applies to both people’s physical and mental health. Our Joint Forward Plan outlines the actions we will take to radically alter the way we work together, and use our combined resources to meet these challenges. We believe our actions are brave and ambitious and will help transform services for the better.

What are the principles and priorities of the plan?

Our strategy and plan are based on three strategic principles. We believe that:

Prevention is better than cure - making sure we use our limited resources more efficiently

Equity in everything - recognising that some people and communities need more support

Integration by default - providing joined up and seamless services.

Guided by these principles, we are focusing on four key areas:

- 1 Prevention: Reduce physical and mental illness and disease prevalence**
- 2 Proactive management of long-term conditions and frailty**
- 3 Improve navigation and flow to reduce emergency pressures in both mental and physical health settings**
- 4 Timely access and early diagnosis for cancer and planned care**

What does the plan seek to achieve in the next five years?

Success in delivering our plan will mean that we can:

- Enable every person to achieve their best possible health and wellbeing.
- Evidence positive impact for our communities across the city and county in terms of both people's physical and mental health.
- Demonstrate impacts on reducing health inequalities and inequity.
- Make a real shift of NHS resources to prevention – making sure babies, children and young people have the best start in life, as well as preventing people becoming ill wherever possible, or their illness worsening, rather than treating the results of illness.
- Have an inclusive, diverse and innovative culture across the NHS.
- Recover more services fairly from the pandemic and achieve target waiting times.
- Make our NHS organisations more efficient and effective by working together better.
- Achieve financial balance within a safe health and care system with high quality, high performing services.
- Create more effective partnerships with local organisations and better support local communities.
- Provide more personalised care to individuals based on all of their needs.
- Make better use of population health data and research in informing the choices and decisions we make.

What are some of the changes that will take place?

The plan details a large number of developments and changes that we wish to make over the next five years. Doing the same as we have always done is not an option. There is a rising demand on health and care services and ever-increasing pressure on budgets. We have to work differently and provide services increasingly based on the specific needs of individuals and local communities.

Prevention of ill health

We aim to:

- Intervene earlier in people's care, to prevent or stop any health problems occurring.
- Better support children, young people and adults to lead healthy behaviours, so they can maintain good health for as long as possible.
- Better join up services around an individual, including health, social care, education and housing.

People with long-term conditions and/or frailty

We aim to:

- Target people in communities who might experience generally worse health – conditions like breathing problems, high blood pressure and heart disease – and provide more dedicated support.
- Provide more training to staff who manage patients with more complex health needs.
- Make every contact that a health and care professional has count with a member of the public – making a difference wherever we can.

Reducing pressures on physical and mental health services

We aim to:

- Establish ‘care hubs’ at hospitals to ease patients’ entrance into, their stay during, and discharge from hospital, ensuring that everything runs as smoothly as possible.
- Develop more ‘virtual wards’ where people can remain at home, under the supervision of health and care professionals, using technology where appropriate.
- Establish ‘integrated neighbourhood teams’ where health and care professionals, working with support from the voluntary sector, can plan and manage care for local people.
- Offer new early interventions for families and babies that will lay the foundations for the best possible emotional health and resilience.

Reducing pressures on physical and mental health services

We aim to:

- Make sure waiting times for cancer services and planned care services are within national performance requirements.
- Establish community diagnostic hubs, to improve how we can diagnose certain conditions.
- Expand key health programmes, such as breast cancer screening, prostate cancer community-based clinics, and the lung health programme.

These are just a few examples of our ambitions for change over a five-year period. The plan shows what we need to do in 2023 and in each year ahead.

What will this mean for local people?

<p>Promoting prevention</p> 	<ul style="list-style-type: none"> • Children and young people and their families will have healthy behaviour that will set them up for life • Earlier detection of disease • Reduced likelihood of future ill health or current ill health worsening • People being empowered to work with staff to develop services and solutions based on need and real-life experiences
<p>Promoting equity</p> 	<ul style="list-style-type: none"> • Support for those with greater needs to have improved health • Ensure all voices are heard • Promote inclusion and value diversity
<p>Promoting integration</p> 	<ul style="list-style-type: none"> • Reduce the need for an individual to engage with multiple staff about the same thing • Support on non-medical matters that are important to the individual • Promote more seamless care across clinical and non-clinical support services.

How can I find out more?

Visit the website to find out more about our Integrated Care Strategy and the Joint Forward Plan: <https://healthandcarenotts.co.uk/integrated-care-strategy/> and <https://healthandcarenotts.co.uk/integrated-care-strategy/joint-forward-plan/>

Visit the website to get involved in local NHS organisations: <https://healthandcarenotts.co.uk/get-involved/>

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