

A plan for better health and wellbeing for everyone in the North East and North Cumbria - Easy-read guide



Across the North East and North Cumbria we have a plan to improve health and wellbeing for everyone.

The NHS, local councils and Voluntary, Community and Social Enterprise organisations (VCSE) have come together to develop the plan to improve people's health and care in our communities.

Our plan includes:



Longer and healthier lives for everyone – making sure everyone has the chance to live healthy lives for longer.



Fairer opportunities for everyone - equal opportunities for everyone to be healthier.



Better health and care services – making sure everyone has access to the same high-quality health and care services, no matter where they live.



Helping children and young people – to give them the best start in life to be happy and healthy.

Goal 1: Longer and healthier lives for all our communities



One of our goals by 2030 is to help people across our communities live longer and healthier lives.



Health and social care will work together with other services to tackle the wider issues that affect people's health and well-being.



Wider issues that affect health and wellbeing include housing, education, employment, and the economy.



We are taking steps to create more job opportunities for young people by working with schools and colleges.



We want to support people to make the right lifestyle choices so that they can live long independent healthy lives.



Local councils are running services to promote health and prevent people from becoming really ill.



We will focus on promoting health, weight, and nutrition.



We also want to reduce drinking, smoking, and substance misuse.



We want to support people to be active and feel less lonely.

Goal 2: Fairer Health Outcomes



Our goal is to make health services and outcomes fairer for people in communities that are most deprived.



Deprived means communities that may not have the basic things they need to live well, such as money, food, services and good living conditions.

We will do more to help vulnerable communities access health and care services, including:



- Homeless people
- People who are seeking asylum
- People from the Gypsy, Roma and traveller Communities
- Sex workers
- People involved in the criminal justice system.



We want everyone to have equal access to health and care services. This includes:

- People who are poor
- People who are Black, Asian or from other minority ethnic groups
- People who don't live near health and care services.

Goal 3: Better Health and Care Services



Health and Care Services in the North East and North Cumbria are rated amongst some of the best in England - however not everyone has a good experience.

We want everyone to have high-quality services, no matter where you live.



We want people to have more choice and control over how they are cared for.



We want our care system to be rated as good or outstanding by the **Care Quality Commission (CQC)**.

The Care Quality Commission inspects and regulates health and care services to make sure services meet the best standards.





We will:

- Support people to have a good death and choose where they want to die.
- Protect and safeguard our children, young people, and adults.
- Make sure people have their vaccinations to protect people from diseases.
- Support unpaid carers in our area.



Learning Disability and Autism

We will reduce the time people with a learning disability and autistic people wait for a needs assessment.



We will make sure people with a learning disability and autistic peoples' needs are met.

All staff will have learning disability and autism awareness training.



We will learn from research and look at new ways to stop people with a learning disability and autistic people dying too young.

We want to stop people with a learning disability and autistic people being in hospital for a long time.

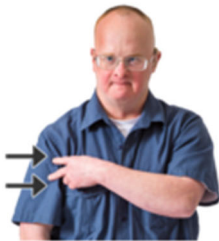


Social Care

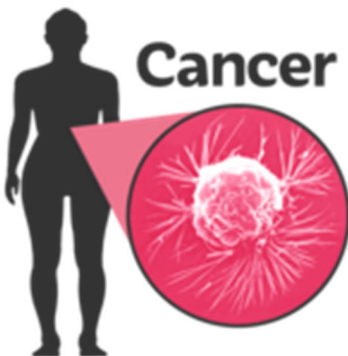
We want to make social care better for people by helping people live long independent healthy lives.

This means:

- Better access to social care so that people spend less time in hospital.
- Hiring more social care staff
- More care for people in their own home.
- Thinking of new ways to work together and use digital technology.



Staff



Cancer

There are lots of people living with and dying from cancer in our area. Many of these cancers can be prevented.

You are more likely to die from cancer if you live in a deprived area, than if you live in a nice area. We want to change this.



We will offer better support for people when they find out they have cancer, including mental health support.

We will train more specialist health care staff to help us catch cancer earlier and offer better treatment.



Long Term Conditions

We will help people manage their own long term health conditions.

We will do more to spot long term health conditions early.



Mental health

People with poor physical health are more likely to have poor mental health.



We will support people with poor mental health to live longer and healthier lives.

We will offer more annual health checks for people with poor mental health.



We want to lower the number of deaths caused by suicide in our area.



Improving NHS services

We want GP surgeries and pharmacies to work alongside mental health services, social care, voluntary, community and social enterprise organisations.



We want to reduce the wait times for people needing emergency treatment and the time people wait for an ambulance.

Goal 4: Giving our children the best start in life



We have high levels of childhood poverty in the North East and North Cumbria.

We want to make sure children have the best start in life.



Our goal by 2030 is to make sure children are ready to start school when they reach school age, especially children from deprived areas.

We will talk to children, young people and schools to include their views in our plans.



We plan to be the safest place to be pregnant and start a family.



We plan to improve access to children's social care, physical and mental health services.

We want to make **Special Educational Needs and Disability (SEND)** services better.

We will also focus on five key health problems:

- Asthma
- Diabetes
- Epilepsy
- Oral health
- Mental health



We will do all of this by...



Supporting and growing our workforce

At the moment we have around 170,000 health and care workers in our area.

We will:



Employ more local people to work in our health and care services.

Set up health and social care academies to offer training for carers.



Take care of our staff's physical and mental wellbeing and make our workplaces more inclusive, treating everyone equally.



By 2030 we want to be the best health and care place to work in England.



We also want to be quicker at finding and employing the right staff as jobs become available.

For example if someone has retired or got a new job, we want to employ someone else as soon as possible.

Use new technology and data



We will use new technology that will support people to make healthier choices.

New technology will help us understand the communities we work with and the services they need.



Make the best use of our resources

Health and social care will use their resources together to get better value for money.

Resources includes things like staff, equipment, money and skills.



We will work together and listen to each other to come up with ideas for how we can grow our funds and how to use these funds to support our communities.



A greener region

We are working together to be the greenest region in England by 2030.

This will make a big difference because we know that a healthier planet means healthier people.



Listen and involve our communities

We will talk and listen to our communities more often.

We will use your feedback to help us make decisions and support your needs.



This guide was made by a team of adults with learning disabilities and autistic adults and produced by **Bridge Creative** and **People First**.



We are members of the **Good Life Collaborative** which is a group of voluntary, community and social enterprise organisations working across the North East.