

Building better health and care

Our commitment

Over the next five years, health and care organisations in north east Essex, east and west Suffolk will work together better, support you to look after yourself confidently and inspire clinical and community leadership.

We want the best for you. So we need to make changes to improve: care for everyone; the quality of services on offer; support for our workforce; and how we spend public money within budgets.

The public, clinicians, the voluntary sector and other partners have told us that they want health and care organisations to join forces to reduce duplication. They want us to do things well without waste and make sure our services are simpler. This is what we will aim to do.

By linking up services, you will see GP surgeries, mental health and social care services, acute hospitals and community health professionals all working better together, moving care closer to people's homes and improving their outcomes.

This is an overview of why we have to do things differently and what we could do to keep up quality, improve care and stay within budget.

Our challenges

Demand on GPs

More people than ever before are going to see their family doctors and nurses. Around 90 per cent of care in the NHS is given by our family doctors – but many are reaching retirement age. Too few new or potential recruits want to come to north east Essex and east and west Suffolk to work. By supporting our workforce, and finding new ways of working between practices, we will strengthen care for patients.

Record numbers of people living with long term health conditions

People with long term conditions, such as diabetes, chronic obstructive pulmonary disease, arthritis and hypertension, account for around 50% of all GP appointments. By 2018, we expect there will be around 45,000 people in north east Essex, west and east Suffolk with three or more long term conditions. We can support people to make changes now to stop them getting ill in the future.

The cost of treatment

In 2016, north east Essex and Suffolk will spend £2.4 billion on health and care. The costs of drugs, treatments and overheads have all gone up, and will do so again. There are some simple ways we can reduce waste and buy services and products together to spend the NHS and care pound well.

The finances

If we continue spending money on health services as we are across the system, we will have an £248 million overspend by 2021. By planning together for the future, we believe we can turn this around.

Things have to be different

Major changes are needed to reduce illness and deteriorating health, to support communities and deliver care closer to people's homes. We want to do more with technology. We want to make sure hospitals and primary care can plan together for the future. And it is in everyone's interest that we do this using the money we receive from taxpayers via central Government more efficiently.

A total of 26 different organisations have pooled their plans. More than 40 separate pieces of public and voluntary sector engagement have already been carried out in recent years to develop strategies for housing, primary care, end of life, maternity, cancer, hospital care and mental health, including learning disabilities. We still need help from local people to develop parts of the plan and this will happen over the coming months and years.

This plan, known as a Sustainability and Transformation Plan (STP)*, has one central theme at its heart; collaboration, not competition. It focuses on keeping people fitter for longer, improving the quality of health and care and doing so within budget. In it, we set out where we are now and - most importantly - where we need to be.

Our vision

Our vision is that people across east and west Suffolk and north east Essex live healthier, happier lives by having greater control and responsibility for their health and wellbeing

There are three programmes listed in the table below. Some of these have benefitted from public engagement already.

Self care and independence and community based care	Hospital reconfiguration and transformation	Working together across the system
We will promote ways for people to live healthier lives, keep their independence and improve their quality of life. We will help people to stay	By 2021, more care will be provided as close to people's homes as possible. New ways of working between hospitals, GP	We will work together more closely and share best practice and support staff, such as IT, estates, finance and corporate governance.

<p>at home for as long as possible.</p> <p>We will provide for the mental and physical health needs of adults and of children and young people.</p> <p>By truly listening and supporting people we will see improved safety and resilience and the health, social care and community partners working together better. We have called these programmes Good Lives in Essex and Supporting Lives, Connecting Communities in Suffolk</p> <p>GP practices will work together to improve patient access, share resources and best practice and support each other.</p>	<p>practices, mental health and paramedics will be developed.</p> <p>Ipswich and Colchester hospitals will build on their partnership work, with the patients and clinicians help.</p> <p>Working with the public and patients, we will find more ways for people with complex needs to stay in hospitals and will offer simpler care in communities or by using technology.</p>	<p>We will also find better and consistent ways to organise the way people access care and referrals. We will also use data better.</p>
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A new approach

The fundamental change this plan proposes is that all services, across physical and mental health and social care, will be working together as they have never done before to create a seamless service for the patient. All organisations who are involved are all responsible for making this work. The senior responsible officer is Nick Hulme, who is also chief executive of Colchester Hospital University NHS Foundation Trust and Ipswich Hospital NHS Trust.

The following organisations are part of this approach:

- Suffolk and Essex county councils
- Mid Suffolk, Forest Heath, Tendring, St Edmundsbury, Suffolk Coastal, Colchester, Ipswich and Babergh district and borough councils
- North East Essex, Ipswich and East Suffolk and West Suffolk clinical commissioning groups.
- Suffolk GP Federation and GP Primary Choice, Essex GP Federation
- Colchester Hospital, Ipswich Hospital and West Suffolk Hospital
- Suffolk Community Healthcare and Anglian Community Enterprise
- Norfolk and Suffolk NHS Foundation Trust and North Essex Partnership Trust
- Healthwatch Suffolk and Healthwatch Essex

- East of England Ambulance Trust
- Suffolk and Essex local medical committees

Voluntary and charity organisations make a significant contribution to health and wellbeing. We also work closely with the area's hospices, GP practices, community hospitals and community health centres. There are 177 dental practices, 184 pharmacies and 193 optometrists.

Next steps

You can read the plan and the technical document on the website. We know this plan is detailed and thank you for the time you are taking to read it.

Please remember this is a draft plan and it will change as we will need more input from clinicians, patients, staff and other partners.

We want to know what you think, so if you have any comments on the draft plan you can:

Email Healthwatch Essex using enquiries@healthwatchessex.org.uk or call on 0300 500 1895

Email info@healthwatchsuffolk.co.uk or call Healthwatch Suffolk on 0800 448 8234 or

Email comms@suffolk.nhs.uk

We will communicate when we have information to share. We will put articles in our newsletters, keep our CCG websites up to date and create frequently asked questions documents using any comments or ideas we receive between now and the end of January. We will speak to those groups we already have connections with and with those we know in the community to take advice on how best to inform and engage in their areas.

We know we need to engage more and over the coming months and years, partners will be organising events about their particular area of work, and we will tell you about these through our networks.

**The Sustainability Transformation Plan referred to covers the areas of north east Essex, west Suffolk and east Suffolk. There are three other partnerships in Essex and Suffolk - Norfolk and Waveney; Mid and South Essex; and Hertfordshire and West Essex.*