

Southend West Locality

Introduction

West comprises a number of distinct areas within the Borough of Southend. Firstly, four wards make up the West Locality; Belfairs, Eastwood Park, Leigh and West Leigh. Picture 1 shows the boundaries for West. There are circa 54,000 people registered to GP practices in West as compared to the Ward population of circa 39,000. The difference is attributed to two of the largest Southend GP practices being in neighbouring Localities (Pall Mall and Queensway).

The split of male to female is 48.6% Male as compared to 51.4% female. West has a smaller proportion of adults of working, particularly between 20 and 34, and a higher proportion of people aged over 65, particularly males between 65 and 79.

The population is set to increase in coming years. Projections show that West will increase by a further 4,309 residents by 2029. It is projected that there will be an additional 1,356 residents in West over the age of 75 by 2029.

Key Challenges

Care Homes – There are a total of 1,299 care home residents registered to GP practices in the Borough of Southend. Of these, 456 are registered with GP practices in West with Pall Mall Surgery having the majority (278). West Locality hosts 9 of the 98 care homes in Southend.

Older people living alone – Data in West suggests that 34% of residents in West over the age of 65 are living alone. In Leigh ward the number is higher at 41%.

Long Term Conditions – West has a greater percentage of patients diagnosed with respiratory illness, heart disease, depression, diabetes, epilepsy and hypertension.

Unplanned admissions – West has a greater proportion of unplanned admissions for Urinary Tract Infections (UTIs), Falls and unspecified chest pain.

Long Term priorities

1. **Improve Health and Wellbeing (Safe & Well)** – measured through people feeling safe and secure at all times; people are remaining well enough to enjoy fulfilling lives; and the most vulnerable in our community are effectively protected and have their quality of lives improved;
2. **Improve Care Quality and Experience** – measured through positive personal experiences, safe and effective care and partnership development between people and community assets;
3. **Sustainability** – sustainable impact of the integrated and collaborative working on financial and clinical sustainability of the community and the system;
4. **Channel Shift (Active & Involved)** – we have a thriving, active and involved community that feel invested West; the benefits of community connection are evident as more people come together to help, support and spend time with each other; a range of initiatives help communities come together to enhance their Locality and environment.

12 month plan

1. **Developing a peer support network** to focus on the working in Hubs and developing Asset Maps for the Locality (addresses challenges for people living alone, people with Long Term Conditions and Unplanned admissions);
2. **Improving access** to services for the moderate needs individual via the Multi Disciplinary Team function currently in operation (addresses all four challenges);
3. **Enabling the integration** of voluntary sector assets into health and care models with a focus on prevention and wellbeing (addresses all four challenges);
4. **Creating greater use of open spaces and encouraging physical activity** in West (addresses all four challenges).