

Southend Health & Wellbeing Board

Joint Report of
Cathy Gritzner, Interim Accountable Officer, NHS Southend and Castle Point
and Rochford CCG

to
Health & Wellbeing Board
on
23 January 2019

**Agenda
Item No.**

Report prepared by:
Charlotte Dillaway, Director of Strategy and Planning, NHS Southend and Castle
Point and Rochford CCG
Claire Routh, Head of Communications and Engagement, NHS Southend and Castle
Point and Rochford CCG

X	For discussion	For information only	Approval required
---	----------------	-------------------------	----------------------

NHS Long Term Plan

Part 1 (Public Agenda Item)

1 Purpose of Report

The purpose of this report is to;

- 1.1 Provide the Health and Wellbeing Board (HWB) with a briefing on the NHS Long Term Plan and discuss local implications and implementation with partners.

2 Recommendations

The HWB are asked to;

- 2.1 Note the importance of progressing the direction of travel outlined in the 'Localities Strategy' – previously presented to the HWB on 18 September 2018 in which collaborative working will be key to the delivery of local NHS plans and ambitions.
- 2.2 Note a commitment to ensure local plans are aligned to Southend 2050 ambitions

3 Background

- 3.1 On Monday 7 January 2019, NHS England published the [NHS Long Term Plan](#).

- 3.2 The plan has been drawn up to make the NHS fit for the future and to get the most value for patients out of every pound of taxpayers' investment. In summary, the plan sets out how we need to do much more to improve the physical and mental health of the nation through better prevention and detection of diseases such as cancer.
- 3.3 The NHS Long Term Plan lists a number of important ambitions for the next few years, but central to the delivery of all of them will be the need for people to work together – whether that's GP surgeries teaming up so they can provide more appointments and services, or whole health and care systems coming together to plan and deliver real improvements for patients in crucial areas like mental health, cancer or stroke care.
- 3.4 More information on the NHS Long Term Plan can be found on a dedicated microsite: <https://www.longtermplan.nhs.uk/>.

3.5 **What the NHS Long Term Plan will deliver for patients**

The six chapters in the NHS Long Term Plan outline how the NHS will:

1. Join up the NHS so patients don't fall through the cracks
2. Help individuals and families to help themselves
3. Tackle health inequalities
4. Back its workforce by increasing the number of people working in the NHS
5. Bring the NHS into the digital age
6. Make sure money goes where it matters most

3.6 These are just some of the ways NHS England has pledged to improve care for patients over the next ten years:

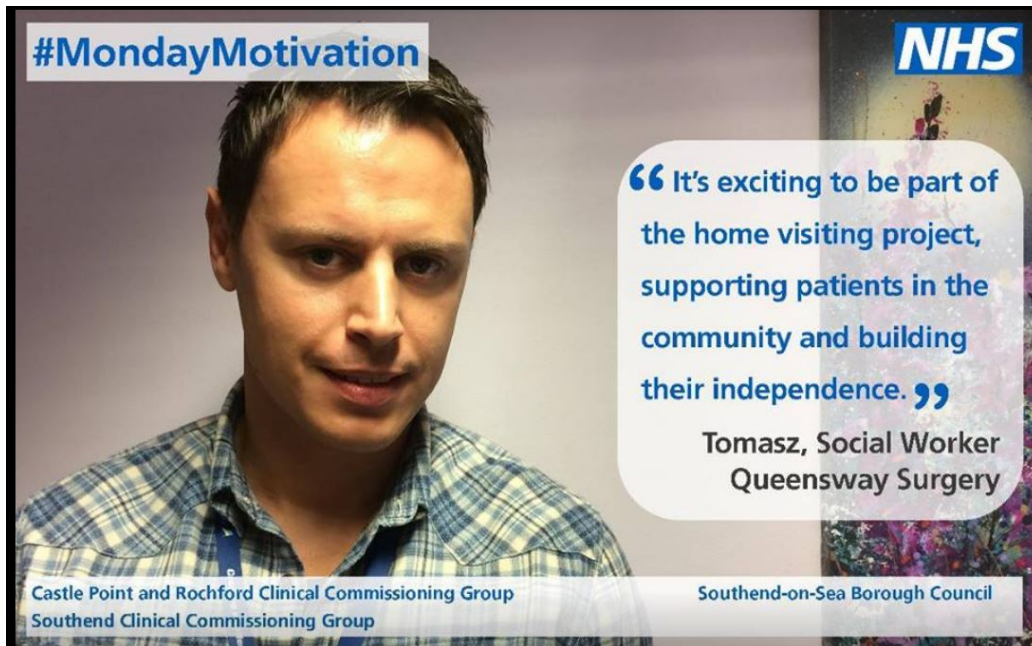
<p>Making sure everyone gets the best start in life</p>	<ul style="list-style-type: none"> • reducing stillbirths and mother and child deaths during birth by 50% • ensuring most women can benefit from continuity of carer through and beyond their pregnancy, targeted towards those who will benefit most • providing extra support for expectant mothers at risk of premature birth • expanding support for perinatal mental health conditions • taking further action on childhood obesity • increasing funding for children and young people’s mental health • bringing down waiting times for autism assessments • providing the right care for children with a learning disability • delivering the best treatments available for children with cancer, including CAR-T and proton beam therapy.
<p>Delivering world-class care for major health problems</p>	<ul style="list-style-type: none"> • preventing 100,000 heart attacks, strokes and dementia cases • providing education and exercise programmes to tens of thousands more patients with heart problems, preventing up to 14,000 premature deaths • saving 55,000 more lives a year by diagnosing more cancers early • investing in spotting and treating lung conditions early to prevent 80,000 stays in hospital • spending at least £2.3bn more a year on mental health care • helping 380,000 more people get therapy for depression and anxiety by 2023/24 • delivering community-based physical and mental care for 370,000 people with severe mental illness a year by 2023/24.
<p>Supporting people to age well</p>	<ul style="list-style-type: none"> • increasing funding for primary and community care by at least £4.5bn • bringing together different professionals to coordinate care better • helping more people to live independently at home for longer • developing more rapid community response teams to prevent unnecessary hospital spells, and speed up discharges home. • upgrading NHS staff support to people living in care homes. • improving the recognition of carers and support they receive • making further progress on care for people with dementia • giving more people more say about the care they receive and where they receive it, particularly towards the end of their lives.

3.7 We would like to provide assurance to HWB that existing local plans are in line with the ambitions of the NHS Long Term Plan, with a shared goal of overcoming the challenges that the NHS faces, such as staff shortages and growing demand for services. How we achieve this locally, reflects the national ambition to:

Do things differently

Together, we need to move to a model of care that places greater emphasis on keeping people well and within their own community with people taking more responsibility for their own health and well-being. They can stay well at home and independent for longer. Better collaboration between the services available in the community will also improve the care received, care that better meets the needs of local communities across our localities. We are already testing some new innovative ways of working. In Queensway, a social worker, Tomasz, is part of the new Healthcare Professional Team at Queensway

Surgery in Southend, piloting new support services in a community setting, to help people live well and longer in their own homes.



Prevent illness and tackle health inequalities

Communities are increasingly complex and so are the challenges they face, we welcome new action to help people stop smoking, overcome issues with alcohol, avoid Type 2 diabetes and reduce the risk of stroke. We know south east Essex is diverse on many fronts; poverty, affluence, ethnicity and age. We want to listen and learn about any opportunities to collectively tackle unique challenges facing the local areas.

Back our workforce

We realise that any plan simply won't become a reality unless we have a workforce with the right numbers, skills, values and behaviours to deliver it. We're working with partners to make the local area an attractive place to live and work in and we hope that by designing better ways of working, we will succeed in this goal.

In addition to investing in wider community support to keep people well and at home wherever possible, the development and transformation of GP services is key, with enhanced and extended access already well underway in Southend. We are pleased that local staff recruitment across south east Essex has been successful so far, word is spreading that we're offering something different and more appealing for staff. We are also excited about the opportunities that the new School of Medicine at Anglia Ruskin University in Essex offers, bringing us even closer to attracting, training and hopefully retaining the next generation of clinicians in Essex. We are equally committed to making better use of existing local skills and experience to help improve the care that is delivered.

Make better use of data and digital technology

All around us, we see technology is changing all of our lives and we need to look at what technology can bring to the NHS to improve our health and make our lives easier. From websites, apps and wearable technology (smart watches) that make care and advice easy to access wherever you are, to connected computer systems that give staff the test results, history and evidence they need to make the best decisions for patients. We're working smarter to provide better care than ever before.

In south east Essex, 2017/18 saw the introduction of new technology solutions such as mobile ECGs in GP practices to prevent risk of stroke, an app to support people with Chronic Obstructive Pulmonary Disease (COPD) and technology to make cancelling unwanted appointments as easy as possible. We are also testing out telehealth solutions in care homes across south east Essex, enabling care home staff to take and record test readings electronically rather than on paper to increase efficiency.

We will continue to ensure the local roll out of technology solutions, such as the new NHS App as a digital 'front door' to provide more convenient access to services and health information to those living in south east Essex.

Making better use of data is another huge priority locally. In line with rules to ensure we protect confidentiality and privacy, we want to help health and care professionals communicate better and enable people to access the care they need quickly and easily, when it suits them.

Get the most out of taxpayers' investment in the NHS

As commissioners responsible for the health, care and well-being of people living in south east Essex we are committed to providing services that deliver good outcomes, are affordable and will be sustainable for years to come.

We are committed to working with our health and care partners, both across south east Essex and across the mid and south Essex Sustainability and Transformation Partnership (STP) footprint to reduce duplication and make better use of the NHS' combined buying power to get services and products for cheaper, reduce spend on administration where it makes sense.

3.8 What next?

- 3.9 As a system we will be working together over the coming months to determine what the NHS Long Term Plan will mean for people in south east Essex, building on progress we have already made together, and in partnership with those who know the NHS best – patients, staff and the public.
- 3.10 As presented at the September HWB meeting, the Locality Strategy (Living Well in Thriving Communities) sets out the principles of collaborative working and the continued evolution of the south east Essex Locality Partnership. The approach is based around the needs and locations of people, rather than the boundaries of organisations and will focus on prevention and supporting the strengths of communities as individuals.

- 3.11 As a south east Essex 'system' we have a role to engage and co-design the most effective ways to put the commitments made to patients in the national Plan into practice locally. The local interpretation needs to be based on local priorities and in-keeping with existing needs in line with local Health and Wellbeing Strategies whilst being fully cognisant of projected future demand.
- 3.12 As set out in the Locality Strategy, system leaders have agreed an approach to implementation that focuses on bottom-up design principles and the empowerment of the public and frontline staff. The CCGs are committed to working alongside Southend-on-Sea Borough Council to ensure we are working together on shared outcomes that are in keeping with the Southend 2050 themes.
- 3.13 Specific work streams, either at local or wider STP-wide levels are also in place that focus on improving mental health services, cancer services, strong and resilient urgent and emergency care, services and support for those with learning disabilities, GP services and maternity.
- 3.14 In conclusion, while the Long Term Plan sets out an exciting roadmap, our challenge now is to make sure it's properly implemented. Everyone who works in the NHS and those who use the service, must play their part if we are to make it a success. It's fair to say that, as CCGs, we rarely work alone, and if we do, we are unlikely to realise our potential. As key stakeholders, your role in helping us to improve the well-being and lives of the people across south east Essex is essential.

We look forward to keeping you informed of local plans, to update you and showcase the great work that is already happening to provide better, joined up care, in partnership with local government.

We would also like to thank all of the stakeholders that were able to attend our 'South East Essex Locality Engagement Event' back in November 2018 and we would like to share the below image that was created during the event that summarises some of the conversations that took place on the day to help us to develop a shared understanding of health, care & well-being goals for localities.



4 Reasons for Recommendations

- 4.1 With the publication of the NHS Long Term Plan, local NHS commissioners are tasked to work together as part of systems, with their local authority counterparts and other partners to develop their own local strategies that will set out how they intend to translate the plan's contents into local action.

5 Financial / Resource Implications

- 5.1 None at this stage

6 Legal Implications

- 6.1 None at this stage

7 Equality & Diversity

- 7.1 The Long Term Plan sets out new, funded, action the NHS will take to strengthen its contribution to prevention and health inequalities.
- 7.2 Wider action on prevention will help people stay healthy and also moderate demand on the NHS. Action by the NHS should be a complement to – not a substitute for – the important role of individuals, communities, government, and businesses in shaping the health of the nation. Nevertheless, every 24 hours the NHS comes into contact with more than a million people at moments in their lives that bring home the personal impact of ill health.

- 7.3 The Long Term Plan refers to funds to pay for specific new evidence-based NHS prevention programmes, including to cut smoking; to reduce obesity, partly by doubling enrolment in the successful Type 2 NHS Diabetes Prevention Programme; to limit alcohol-related A&E admissions; and to lower air pollution.
- 7.4 To help tackle health inequalities, NHS England will base its five year funding allocations to local areas on more accurate assessment of health inequalities and unmet need.
- 7.5 As a condition of receiving Long Term Plan funding, all major national programmes and every local area across England will be required to set out specific measurable goals and mechanisms by which they will contribute to narrowing health inequalities over the next five and ten years.
- 7.6 The Plan also sets out specific action, for example to: cut smoking in pregnancy, and by people with long term mental health problems; ensure people with learning disability and/or autism get better support; provide outreach services to people experiencing homelessness; help people with severe mental illness find and keep a job; and improve uptake of screening and early cancer diagnosis for people who currently miss out.

8 Appendices

- NHS Long Term Plan