



## **A Plain English Guide**

to Draft Pennine Plan proposals to improve  
the health and care of everyone who lives  
in Pennine Lancashire

**TOGETHER**  
**A HEALTHIER FUTURE**  
The Integrated Health and Care Partnership  
for Pennine Lancashire



We are working together because we all want:

“For all of us in Pennine Lancashire to live a long and healthy life. Any extra help and support we need will be easy to find, high quality and shaped around our individual needs.”

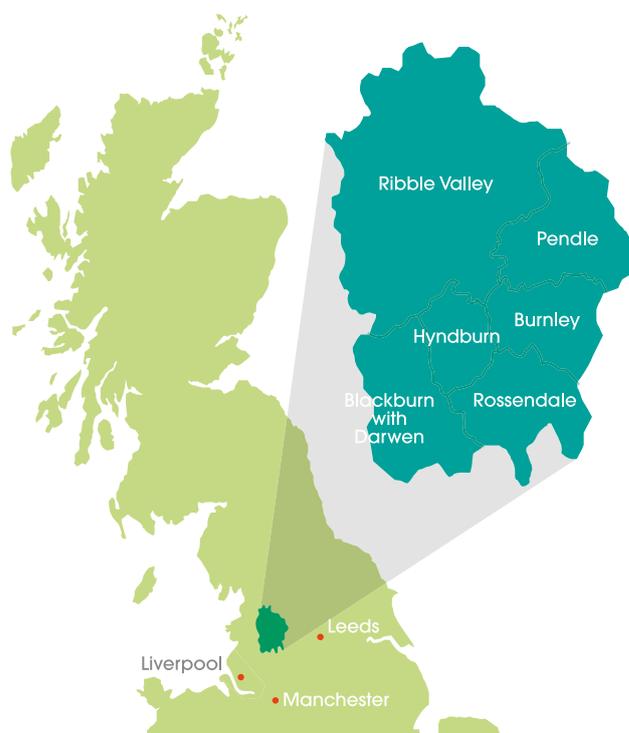
---

We call this our Vision.

Our part of the Country is called Pennine Lancashire from the name of the hills that surround us

**It includes:**

- Blackburn with Darwen
- Burnley
- Hyndburn
- Pendle
- Ribble Valley
- Rossendale



---

**We need to work together because people who live in Pennine Lancashire are not as healthy as they could be.**

We know that many people are living longer and this is a good thing, but some people may need more care and support. We need to make sure that the money we have to spend on health and wellbeing is spent well and helps improve the health of all of us.

We have held meetings across Pennine Lancashire to explain why things need to change and asked people what they think and how they think we can change for the better.

---

**We have used this information to make a plan together to help people live healthier lives for longer.**

**We call this plan Together a Healthier Future. You will see information about what is being done to improve health and social care where you see this name.**

**TOGETHER**  
**A HEALTHIER FUTURE**  
The Integrated Health and Care Partnership  
for Pennine Lancashire

---

If you want to know more about what is happening there is a website:

<http://togetherahealthierfuture.org.uk/>

We will try to make information as easy to read as possible.

---

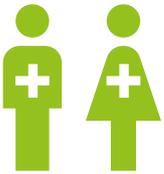
# We have many things to be proud of in Pennine Lancashire

---



We are proud of the health and care services we have in Pennine Lancashire.

---



Our doctors, nurses and care staff provide high quality services for people who live and work here.



We are equally proud of our communities and how residents across Pennine Lancashire come together to provide friendship, encouragement and support to each other.



**Volunteers**

Around 114,000 residents volunteer at least once per month, providing support and care to individuals and families across our communities.

# So why do we need to change?

---

Because we know that:

48,000 people are likely to have a long term illness and a mental health problem.



Many people in Pennine Lancashire have diseases and health conditions that are preventable.



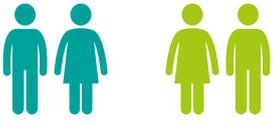
Over 33,000 adults have depression.



Half of the people in our area have one or more health problems that they have to live with for the rest of their lives.



7,600 children and young people aged 5 to 16 years old are affected by a mental illness.



The number of people in our area who are over 65 will double by 2035.



There will be more children and young people with a learning disability in the future.



More than 500 people are going to accident and emergency at the hospital each day. This is higher than anywhere else in the country.



1 in 3 people that go to accident and emergency don't need to go there. They could be seen by their doctor or chemist instead, or they could look after themselves at home.



2 out of 5 elderly patients who go to hospital stay longer because they have dementia.



More than 57,000 people are carers for family or friends which affects their own lives.

All this means that the money we get to pay for health centres, doctors, hospitals, nurses, and care workers will not be enough unless we use it better.

# The Pennine Lancashire Place-Based Prevention Framework

---

Healthy communities in healthy places will not happen by themselves. We will need a way of working to get everyone pulling together for the benefit of everyone.

## Place Based Prevention

Healthy Communities are created when:

- Every person, community group, people living in the same area and across all of Pennine Lancashire agreeing to work together to promote good health and wellbeing.

And:

- Every organisation (voluntary, private and public)

And:

- Every group that helps make decisions on health and care services

**Are given the right tools to help support good health for everyone**



# Pennine Lancashire Health and Wellbeing Improvement Priorities

---

We cannot do everything at once so we need to look at the things that are important to people in our area to help them enjoy better health.

Our Health and Wellbeing Improvement Priorities will look at how our services work at the moment and consider what could be improved through the New Model of Care.

In particular, we know we need to do more to prevent people getting these illnesses in the first place, but if people do become ill, we need to provide clear advice so people can take better care of their own health.

---



## Healthy Lungs

Problems that make it harder to breathe or leave us short of breath including a focus on:

- Chronic Obstructive Pulmonary Disease COPD
- Respiratory illness for children and young people



## Healthy Hearts

Including a focus on:

- Stroke
- Diabetes



## Healthy Minds

Making sure people who have mental health problems are helped including a focus on:

- Crisis mental health
- Mental health and substance misuse
- Psychological support for long term conditions



## Frailty

including a focus on:

- Falls – giving advice, assessment and support to help prevent people falling
- Effectively identifying and supporting people who are frail



## Cancer

Including a focus on:

- Prevention and earlier diagnosis
- Treatment and care
- Living with and beyond cancer
- Patient experience
- Pathway redesign and waiting times



## Healthy Children and Young People

Helping infants and young people have a healthier start in life including a focus on:

- Accidents and injuries (including road traffic accidents)
- Nutrition and physical activity (incorporating dental health, obesity and low weight)
- 0-25 year olds complex physical needs and long term conditions
- 0-25 year olds complex psychological and social needs
- What we can do to reduce the number of babies under 1 year old who die from things that could be prevented



## Musculoskeletal

including a focus on:

- Osteoporosis and bone frailty
- Pain Management
- Osteoarthritis



## End of life

including a focus on:

- Providing high quality palliative and end of life care

Hearing from, and working with, people who have experience of these priorities, either themselves or through their family, will be a key part of our work. We will ensure that people have opportunities to contribute to the future direction of our Health and Wellbeing Improvement Priorities.

# New Model of Care

Our New Model of Care places individuals and their families at its heart and recognises the importance of people living in Healthy Homes and Healthy Communities.



---

## Our New Model of Care, explains how we will work differently to enable people in Pennine Lancashire to live healthier and for longer:

1.

### **Me and My Family:**

Putting each of us in control of our own health and wellbeing, enabling us to live in good health for as much of our life as possible and to manage any illnesses we might have.

2.

### **My Healthy Home:**

Enabling a positive home environment, wherever we live, including the physical quality, suitability and stability of our homes. Having a healthy home can protect and improve our health and wellbeing, and prevent physical and mental ill-health throughout life.

3.

### **My Healthy Community:**

Empowering and supporting people, within our communities, to take more control over their health and lives, strengthen volunteering and support networks to improve the health and wellbeing of others.

4.

### **Living Happy, Healthy and Well:**

Encouraging and enabling us all to maintain healthy lifestyles, in environments that promote health and that will help to prevent us from becoming unwell.

5.

### **Keeping Happy, Healthy and Well:**

Supporting everyone to stay well and to help people manage their own health and care better.

6.

### **Joined-Up Care and Support:**

Delivering better outcomes for people by bringing services together to improve care pathways and reduce duplication of activity. Providing seamless links between services, such as hospital and residential care services, linking people into support within local communities.

7.

### **In-Hospital Care and Support:**

Making sure that when we need specialist or acute support in hospital, we receive the best, most effective care possible.

# Me and My Family

---

## We will...

- Encourage and support people to look after themselves and to take responsibility for their own health and wellbeing
- Support and develop community places that keep people healthy
- Explain and simplify health and social care words to increase confidence, understanding and the ability to find information and services

---

## What does this mean for me?

- I will only have to tell my story once
- I, or my carer on my behalf, will be supported to take responsibility and ownership of my own health, care and wellbeing so that I can live independently
- I will be encouraged to maintain good health and an active lifestyle throughout my whole life



# My Healthy Home

---

## We will....

- Help people understand the effects of poor housing on health
  - Work together across Pennine Lancashire to ensure fast access to advice and support about healthy homes
  - Reduce health risks from living in a cold or unsafe home
  - Make sure the most vulnerable households and those with the greatest needs receive quick and relevant support and help put in place to improve health through home improvements
- 

## What does this mean for me?

- I will know who to contact first if I have a problem with my home
- I will know the choices available to me
- I will have quick, easy access to services
- The services I access will be of high quality no matter who is providing them
- I will have access to support and guidance from services when I have extra needs
- The information I request will be clear so that I am able to take responsibility and ownership for my own healthy home



# My Healthy Community

---

## We will....

- Support local groups, leaders and providers to make a difference
- Include everyone we can by reaching out to groups we may not be working with yet
- Involve local people in ways to improve things that affect them in their communities

---

## What does this mean for me?

- I will be able to find up-to-date information and easily access activities, groups and events taking place in my community
- I will have the opportunity to be involved in new and exciting social movements for health—making health and social care activities personal and relevant to the people in my community
- I will have access to support through volunteers and people who have dealt with the same problems themselves



# Living Happy, Healthy and Well

---

## We will....

- Improve the life chances for our children
- Strengthen free leisure opportunities and promote physical activities and active travel
- Promote healthy and sustainable food choices for all
- Build community food knowledge to tackle food poverty and diet related ill health
- Build communities and organisations that understand the things that can go wrong for children. This is known as ACE which stands for Adverse Childhood Experiences

---

## What does this mean for me?

- I will know that all organisations in my local area are committed to improving my health and wellbeing and that of my community
- There will be further investment and support for breastfeeding and healthy introduction to solid foods
- I will have access to a Food Poverty Network which will help to reduce food poverty throughout my life
- There will be further investment in community cooking clubs
- My community, and organisations within my community, will better understand what can go wrong for children and help them to develop intellectually, socially and emotionally



# Keeping Happy, Healthy and Well

---

## We will....

- Do our best to support people earlier through improved joined up services and specialist community connectors
- Promote non-medical/clinical activities and support (social prescribing)
- Promote self-care and condition specific self-management
- Support community pharmacies to continue their significant role in providing preventative self-care

---

## What does this mean for me?

- I will be able to make informed decisions about my care
- I will have a self-management plan and know how to access more joined up or specialist care when I need it
- I will understand the choices that are available to me and have realistic expectations
- All regulated care providers will know what “good looks like”
- I (or my family) will be able to tell services whether the care I receive is right for me



# Joined-up Care and Support

---

## We will....

- Develop Neighbourhood Health and Wellbeing Teams to deliver truly joined-up services in people's homes and communities
- Improve and increase specialised and enhanced services within communities
- Transform urgent and emergency care

---

## What does this mean for me?

- I will have access to support and guidance from services to better my wellbeing when I have extra needs
- I will only have to tell my story once
- I will know what my care will be, where it will be delivered and how
- I will know who my care coordinator is, how to contact them and I can get hold of them when I need to
- Care will be built around me. I will be fully included (with my carers if I have them) in the planning for my care and I will be confident that I can manage my own health
- I will recognise when I have an urgent need and what service to contact



# In-Hospital Care and Support

---

## We will....

- Improve Accident and Emergency performance against national targets whilst making access to services clearer for patients
- Improve the outcomes and quality of patient care
- Develop our workforce so that we meet both existing and future patient needs and demand
- Continue to transform technology and further improve and develop elective care services for medical and surgical problems

---

## What does this mean for me?

- I will know what is available and what my choices are for hospital based care and support
- I will know what is happening and why in relation to hospital based care and support
- I will be involved in shared decision making about my care and support
- I will be involved in planning for my discharge from hospital
- I will understand the care and support that I will receive when I leave hospital and who will provide this



# What do you think?

---

We want to know what you think.

There are many different ways that you can tell us what you think about these plans.



# Contact Us



---

## Join the conversation

 [@ahealthyfuture\\_](https://twitter.com/ahealthyfuture_)  
[#ahealthyfuture](https://twitter.com/ahealthyfuture_)

 [together a healthier future](https://www.facebook.com/togetherahealthierfuture)

 [www.togetherahealthierfuture.org.uk](http://www.togetherahealthierfuture.org.uk)

 [elccg.togetherahealthierfuture@nhs.net](mailto:elccg.togetherahealthierfuture@nhs.net)

Address: Together A Healthier Future | Room 133  
Walshaw House | Regent Street | Nelson | BB9 8AS

Telephone number: 01282 644738



---

[www.togetherahealthierfuture.org.uk](http://www.togetherahealthierfuture.org.uk)