

# TOGETHER

# A HEALTHIER FUTURE

## The Accountable Health and Care Partnership For Pennine Lancashire

### Introduction

Welcome to this edition of Together a Healthier Future Newsletter. I am John Dean, a Deputy Medical Director at East Lancashire Hospitals NHS Trust, and a Consultant in Diabetes and Acute Medicine. I have seen the Together a Healthier Future Partnership grow over the last 2 years and I have also seen the willingness for all health and care professionals across Pennine Lancashire to work together with local people to improve care. There are significant challenges, but real opportunities too, and we now have a “blue print” of what that might look like in the draft Pennine Plan.



Within Together a Healthier Future I am a member of the Care Professionals Board. That's where a number of care professionals of different backgrounds come together to use their experience to guide the emerging plans. What is so refreshing is that the members of the Care Professionals Board understand that they are there to make it happen for local people, and put their organisation or sector of work aside, for the overall benefit of what is needed. If you want to know more about the programme, then don't hesitate to [contact us](#).

I also chair the steering group for the work we are doing to help frail older people and their families. There is amazing work and development happening across Pennine Lancashire, with GPs identifying more people who might be frail and need more support, developments in care within care homes, better discharge processes and communication from hospital, and supporting people better towards the end of their lives. We are making a difference now, and can do even more through the work outlined in the draft Pennine Plan.

As an acute physician I see many patients who need hospital

treatment, and get this treatment quickly and effectively. I also see the pressures of increasing medical needs. This will only increase, but the earlier people get help, through local neighbourhood services, and primary care and specialists working more closely, then people will need to be in hospital less. It is encouraging to see the development of neighbourhood health and wellbeing teams that bring health, care services and support closer to people's homes.

As a consultant in diabetes I work with patients to help them live as well as possible with diabetes, this can only happen through working as part of a wider team. The Pennine Plan should help us do that more effectively, with more support at the early stages of diabetes for patients and families so they can look after themselves well and be less likely to get problems from their diabetes. Probably even more important is the help to prevent people developing diabetes, it is already the most costly condition for healthcare services.

So read on, get involved and start to think how you might need to work differently in the future to support your health and wellbeing and that of those around you.

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## 3 things you need to know....

- Together a Healthier Future is the Local Delivery Plan set up to help improve our health and care system in Pennine Lancashire which includes East Lancashire and Blackburn with Darwen.
- We can make our services the best they can be. Our doctors, nurses, pharmacies and other health care professionals can work better together in our neighbourhoods and we can improve hospital and urgent care services by providing more support in communities.
- We can do all of this, but we need everyone's help to make this work. We need everyone to look after their own health as much as they can, to make healthy choices in their lives, use services appropriately and support their families and friends to live healthy lives. Only by doing this will we all be able to achieve the changes needed.

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## Programme Updates



## Draft Pennine Plan Proposals - Thank you!

The Together A Healthier Future team would like to thank all members of staff, volunteers and organisations for your support on gathering feedback on the draft pennine plan proposals.

In planning **Together a Healthier Future** we want to harness everything that is good about **Pennine Lancashire**; **our** people, **our** communities, **our** volunteers, **our** open spaces and **our** services.

**We want to put you and your family at the centre of everything we do and provide health and care around your needs, and not those of organisations.**

We have received some very valuable feedback from people across Pennine Lancashire this winter and will be using this information, taking into consideration suggestions put forward by staff, residents and organisations to shape our final Pennine Plan.

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## News and Events

### Health leaders in Pennine Lancashire back Change4Life snacking campaign

Together a Healthier Future is backing the new Public Health England (PHE) Change4Life campaign which encourages parents to “Look for 100 calorie snacks, 2 a day max” to cut children’s sugar intake.

The Change4Life campaign comes as Public Health England revealed children are consuming more than the recommended daily sugar intake which should be no more than five cubes of sugar for 4- to 6-year-olds and no more than six cubes for 7- to 10-year-olds per day.

[Read more](#)



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## Feedback requested on revised clinical policy for assisted conception services

As part of the ongoing work across the eight CCGs in Lancashire and South Cumbria to harmonise clinical policies, the CCGs are now consulting on the revised Assisted Conceptions Services policy. As it is important that we understand any potential impacts of these proposed changes to the policy we are keen to hear people's views. For some areas, especially in East Lancashire and Blackburn with Darwen, this means an increase in access to fertility treatments; for example, we have increased the upper age limit from 40 to 42. More information about this, with details of how to feedback, can be viewed at: <http://www.blackburnwithdarwenccg.nhs.uk/get-involved/current-consultation/lancashire-wide-review-harmonisation-clinical-policies/assisted-conception/>

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## Health chiefs listen to the concerns of young people

Young people across East Lancashire and Blackburn with Darwen have told health and care chiefs of their concerns for health and wellbeing following a survey of over 800 young people.



Healthwatch Blackburn with Darwen and Healthwatch Lancashire were commissioned to gather the views and experiences of children and young people aged 8 to 25 across Pennine Lancashire as part of the engagement carried out to develop the draft Pennine Plan for health and care in the area.

[Read more](#)

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## Stroke Information Guide

Stroke is the third largest cause of death in England.

A stroke could happen to anyone at any time and is caused by either a block in a blood vessel that leads to the brain or by bleeding in or around the brain. Following a stroke some people recover completely, others need rehabilitation and further support, but others do not survive.

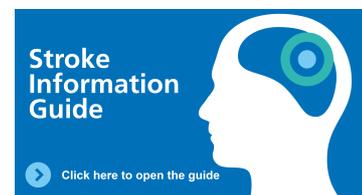
Organisations across Lancashire and South Cumbria have worked together to create an easy to understand Stroke Information Guide to provide access to good quality, appropriate information for professionals, stroke patients, their families and carers and anyone affected by stroke.

The information within the guide aims to be useful to aid recovery and prevent an initial or further stroke.

The guide was created with the involvement of health and care professionals, local people, stroke survivors and their carers and relatives.

<http://www.healthierlsc.co.uk/our-priority-areas/stroke-information-guide>

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This newsletter aims to keep you up to date with everything is happening in the Together A Healthier Future partnership as well as health and care updates in Pennine Lancashire.

For further information about the programme and health and care, please visit [www.togetherahealthierfuture.org.uk](http://www.togetherahealthierfuture.org.uk) or email [ELCCG.Togetherahealthierfuture@nhs.net](mailto:ELCCG.Togetherahealthierfuture@nhs.net)

