

Our plan for your health **Have we got it right?**



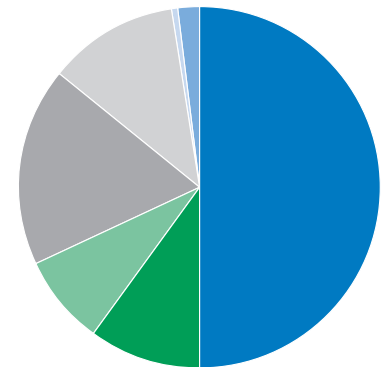
This document provides a summary of our Strategic Plan
To see the full report visit: www.cambridgeshire.nhs.uk
To receive a copy by post call **0800 279 2535**

Everyone in
Cambridgeshire -
*as healthy
as can be*



NHS Cambridgeshire spends around £750 million of your money every year to buy healthcare services for everyone in Cambridgeshire. This includes services from hospitals, GPs, dentists, opticians and community services. There are just under 606,000 people in Cambridgeshire and we want to make sure that they can access the same high quality treatment wherever they live in the county.

How we currently spend your money:



- NHS Hospital & Specialist Services (£342.2m)
- Community Health Services (£68.3m)
- Mental Illness (£55.5m)
- Primary Care (£120.9m)
- Prescribing Costs (£80.2m)
- Revenue Grants (£2.3m)
- Other Health Related Contracts (£13m)

2008/09

In our plan for the next five years, we have made the following areas our four priorities:

1. Promoting health and preventing disease
2. Older people's health and care
3. Safe, sustainable and affordable health services
4. Patient experience and customer care

The plan will begin to change the way health care is provided - closer to home rather than in hospitals. We would like to focus on preventing illness and helping people stay healthy.

Do you think this is right?



1. Promoting health and preventing disease

We want to make it easier for people to take care of their own health and to make choices about living more healthily. This is just as important for the very young as it is for those people approaching the end of their life. There are a wide range of initiatives that we're looking at. Here are just a few examples:

Example 1. Smoking is one of the main causes of deaths we can stop. We have been working together with our partners to help people be more aware of the harm smoking can do to health and guarantee to invest a further £14,000 over the next five years. We plan to continue our work in this area and help smokers to stop through CAMQUIT our local free NHS service. We are also going out to local schools. By speaking about the health risks to schoolchildren it has helped to cut down smoking in years eight and ten.

Example 2. Childhood obesity is increasing in our area and in England as a whole. We are planning to support the Government to stop children who might become obese and then to stop it happening again. We guarantee to invest an extra £65,000 over the next five years. In partnership with other organisations, all schools will take part in the healthy Schools Lunch Box Challenge. We will also put into action the under Five's Feeding Guidance which helps families to understand the importance of nutrition in our food.

Example 3. We are looking to invest an additional £1,145,000 to see improvement in health and lifestyle behaviour in 20% of the most deprived areas of Cambridgeshire over the next five years. We shall provide training to local GPs, nurses and other people who provide care, so they can help these groups to change the way they look at their health. We are also looking at ways to support families and work with communities.



2. Older people's health and care

We plan to focus on older people's care, including access to mental health services. Here are just a few examples:

Example 1. We want to see older people and their carers get more involved in their health care and to be actively involved in how their services are chosen and delivered. We will provide information to ensure people can make decisions about their care. By 2009/10 we would like to start to provide elderly people with a personalised health care plan.

Example 2. We will invest £930,000 over the next five years into dual frailty/intermediate care mental health services and falls prevention for older people. We are investing £1,600,000 over the next five years to ensure people who are approaching their end of life receive the best possible care and support to meet their needs. We also want to ensure carers and family are supported.

Example 3. We plan to support more people to stay, where possible, at home for longer. We will review all community hospitals and Cambridgeshire Community Services to ensure that services are meeting the needs of its people. We believe that older people should be able to get mental health services that are, at least, as good as that available to adults of working age. Our goal is to increase our primary care mental health teams to include older people, we will invest £550,000 over the next five years.

For more examples see the full Strategic Plan. Visit: www.cambridgeshire.nhs.uk.
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3. Safe, sustainable and affordable health services

We want to make sure we have safe, long lasting and cost effective health services within Cambridgeshire.



Example 1. We want to ensure that we provide safe, sustainable and affordable clinical services at Hinchingsbrooke Health Care NHS Trust and in the surrounding community and primary care services. We will be reviewing the community hospitals in East Cambridgeshire and Fenland so that they remain a thriving part of the health system in these areas. We plan to invest £700,000 in the South Fenland review.

Example 2. Patient safety is paramount and over the next five years we will continue to develop safety programmes including identifying the top six clinical risks and the actions needed to prevent them. We will reduce Healthcare Acquired infections such as MRSA infection through best practice and Department of Health Guidelines and by ensuring that hospital services are constantly improved and measured through their contract with us.

Example 3. The number of people living in Cambridgeshire is expected to rise significantly. We want to plan ahead for the impact this growth in population will have on our communities. We are working closely with local partners to plan the essential requirements needed to house the new population and generate the jobs and services needed. For example, we shall be planning services for the new town of Northstowe.

4. Improving patient experience and customer care

We want a plan that improves patient experience. We rely on what patients say about our services to help us improve them.

Example 1. We want to give better life chances for children and will invest £510,000 over the next five years. We want to reduce speech therapy waiting lists to a maximum of 18 weeks waiting time by April 2010. We want to work with the Office of Children and Young People Services (OCYPS) to bring about a core service for special schools that meet assessed requirements.

Example 2. Over the next five years we want to improve access to a wide range of services and provide a staged development plan for each of these, including: adult podiatry, adult physiotherapy, orthotic, orthodontics, wheelchair services and mental health services. By April 2010 we want to ensure that no one waits for more than 18 weeks from referral to treatment for all non-consultant led services.

Example 3. A further £1-1.5 million is to be invested in dental services in 2009/10. We want to improve access to dental services including the March area. We will provide more information about dental services through the Yours Cambridgeshire newsletter to all residents and by actively promoting our PALS service that provides advice and support to all residents about NHS services.

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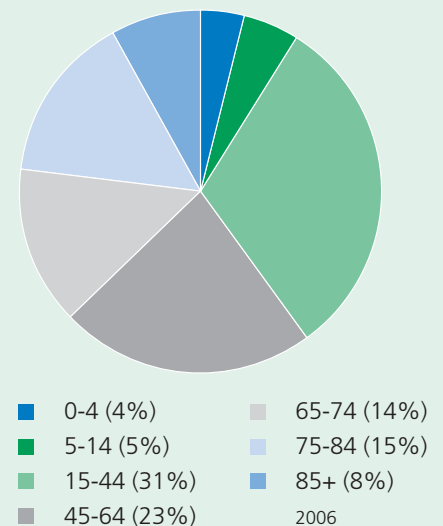


Some facts



- **By 2021, we estimate that there will be a further 90,000 people living in Cambridgeshire.** We want to be able to meet the health needs of all our residents.
- **Nearly 40% of our total spend is on the over 65s.** We want to spend money wisely and to enable people to get the care they need to remain in their home, if at all possible.
- **The total number of people in Cambridgeshire with diabetes in 2008 was 24,500.** We expect that to increase to 26,000 by 2010. We want to help people live healthier lifestyles to prevent or better manage diabetes.
- **We estimate 76,000 people in Cambridgeshire binge drink.** We want to help people understand the health risks of alcohol and make support services easier to access.
- **We spend £286 million on hospital care every year.** That's £23 million more than other counties of the same size. We want to spend resources wisely and be able to help people get the same level of treatment from their local GP, nurse or minor injuries unit as well as hospitals.

Spend per age category £'000:



Our plan for your health **Have we got it right?**

NHS resources are limited and demands on them will increase. We would like your help in looking at the best ways to use our limited resources over the next five years.

Please fill in our questionnaire overleaf ▶▶▶

How might we spend NHS resources wisely...

This is our plan for your health, tell us what you think - have we got it right, are we spending resources wisely?

We would like to hear your views from 2 March until 29 May. Then from July 2009 onwards we'll let you know how we got on and how we're going to develop our services.

1. To what extent do you agree or disagree with NHS Cambridgeshire's plans for additional funding in the following key areas?

	Strongly agree	Tend to agree	Neither agree nor disagree	Tend to disagree	Strongly disagree	Don't know
Promoting Health and Preventing Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Older People's Health and Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ensuring that Cambridgeshire has sustainable and affordable health services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patient experience and customer care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Bearing in mind that the local NHS has a limited budget, are there any other areas you think there should be more investment, or which should be a higher priority than the ones we have identified?

No other areas for more investment

3. Are there any areas that you think should be less of a priority for the NHS?

None

4. To what extent do you agree or disagree with the following statements:

	Strongly agree	Tend to agree	Neither agree nor disagree	Tend to disagree	Strongly disagree	Don't know
NHS Cambridgeshire has enough to spend on health services?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NHS Cambridgeshire should look at different ways of spending their resources?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We should provide more services closer to home in the community and use hospitals less where it makes sense to do so?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People should try and keep themselves healthy if they can?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We all have a responsibility to use NHS resources wisely?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. To what extent do you support or oppose NHS Cambridgeshire's overall approach over the next five years?

	Strongly support	Tend to support	Neither support nor oppose	Tend to oppose	Strongly oppose	Don't know
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Would you be happy to receive treatment in primary care services (GPs, pharmacists, dentists, minor injuries units and Out of Hours services) rather than in a hospital setting?

(this would be clinically safe and appropriate). Hospitals would still provide emergency care, care for serious illnesses and major operations.

7. Would you like more help and support to take care of your own health and wellbeing?

	Yes	No	Don't know
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. If so, how?

Please return your completed survey (no stamp needed) to:

Our plans for your health, FREEPOST ANG10772, Fulbourn, Cambridge CB1 5YB

To find out more and have your say or to complete the form online visit: www.cambridgeshire.nhs.uk

If you would like to talk to someone or get involved in having your say please provide your details below and we'll get in touch as soon as we can. NHS Cambridgeshire will not pass any of your details to a third party.

Name:

Email or telephone:

Address:

