Supporting Northamptonshire to Flourish (grow and do well)

Northamptonshire’s Joint Health and Wellbeing Big Plan 2016-2020: Draft

Information Pack
What is in this pack?

- About the Health and Wellbeing (staying well) Board
- Why we need a strategy (big plan)
- What we think Northamptonshire will be like in the future
- How we agreed the main things we will do
- Why we chose the main things we will do
- How we will work together on the things in the big plan
- How you can have your say

Some hard words are in blue and put in easy read at the end
About the Health and Wellbeing Board

In 2012 the government made a law to say there should be Health and Wellbeing Boards across the country.

Key people from Northamptonshire County Council, local councils, Clinical Commissioning Groups, Police, the University of Northampton, the hospitals and community-based services, Healthwatch and the voluntary sector are part of Northamptonshire’s Health and Wellbeing Board.
More about the Health and Wellbeing Board

The people in the Northamptonshire Health and Wellbeing Board work together to:

• Help people in Northamptonshire to be more healthy and stay well,
• Give everyone the same chance to stay healthy and well, and
• Get services to work together a lot more
Why we need a big plan about Health and Wellbeing

The government says that public bodies must have a big plan to make sure the right organisations work together to say how they will help people living in Northamptonshire be more healthy and stay well.

The big plan will help the organisations agree what are the most important services to have in Northamptonshire.
What we think Northamptonshire will be like in the future

We want to help people living in Northamptonshire to help themselves to be more healthy and stay well.

This can be on their own, or with their family or with their community.

We want all people in Northamptonshire to have equal life chances and the same human rights as everybody else.
How we agreed the main things we will do

Step 1:
We looked at all of the big plans written by organisations that are part of the Board. This was to understand what each organisation wants to do.

We saw that a lot of us want to do something about the same big things.

This is a good thing – by working together we can do a lot more and do it better.
More about how we agreed the main things we will do

Step 2:

We saw that:

• in some areas people are not so healthy or good at keeping well
• some health problems are only in one or two small areas
• other health problems are in all areas of Northamptonshire and are worse than lots of other areas in England

This means that some people are more likely to get really ill and die younger than people living in another part of the county. This is called Health Inequality.
More about how we agreed the main things we will do

Step 3:
We talked about the information we found at the Health and Wellbeing Board and with other organisations that are trying to help people in Northamptonshire be more healthy and well.

We agreed that we want to help all the people in Northamptonshire be more healthy and well by working together. We also want any **improvements** (good changes we make) to last a long time.

We agreed the four main things we will work on first (**our priorities**).
The 4 Priorities

1. Make sure every child gets the best start in life
2. Give people good information so they can make their own choices
3. Help older people to be independent and have a quality (good) life
4. Make Northamptonshire a place where people can flourish (grow and do well)
Priority 1: Make sure every child gets the best start in life

To stop children from being ill later in life, we have to make sure they grow up healthy. Our information tells us that children in Northamptonshire:

- Are not as ready for school as they could be,
- Put on too much weight when they are at primary school, and
- Get involved in activities that might hurt them when they are teenagers, like using drugs or alcohol and self harm (hurting themselves)
More about Priority 1: Make sure every child gets the best start in life

• We will listen to children and young people to find out what issues they have so we can do something about them
• We will help children and young people to get the right skills and tools to deal with problems they might face
• We will make sure that children and young people know when they need help and know who to ask for help
• We will make sure that children and young people have lots of family, friends and teachers to help them make healthy choices
• We will help children and young people grow into healthy adults
Priority 2: Give people good information so they can make their own choices

A lot of the health problems are caused by too many people making poor choices:

• Too many of us smoke
• Not enough of us exercise regularly
• Too many of us are overweight
• People aged 40 to 60 are the most unhappy with their lives
More about Priority 2: Give people good information so they can make their own choices

We will try to make sure adults:

- Have a busy and happy life
- Get the skills to help themselves
- Exercise as part of their daily life
- Know they can go to ‘First for Wellbeing’ and their community pharmacy to get support for better health and wellbeing
- Feel in charge of their life and their health
- Bring up healthy children and support older adults to be healthy
Priority 3: Help older people to be independent and have a quality (good) life

There will be a lot more older people in Northamptonshire by 2021.

We need to make sure that older people can live happy, healthy lives in the sort of home that helps them to be independent.

But at the moment, too many older people go back into hospital after they leave because they don’t have enough help in their own homes.
More about Priority 3: Help older people to be independent and have a quality (good) life

We will make sure older people:

• Feel they are an important part of their community
• Do not feel lonely
• Get the right support when and where they need it from the right people to make sure they can get on with living a happy and healthy life
• We will listen to older people and respect their wishes, in particular at the end of their life
• We will listen to the carers of older people and make sure they are supported
Priority 4: Make Northamptonshire a place where people can flourish (grow and do well)

Lots of things can change how healthy and well we feel, such as where we live, if we work, how safe we feel, and the social activities we do.

These things are called the “wider determinants of health”

If we know about these things, we can work better together with the Police, housing agencies, employers and leisure services to encourage and help people to have a healthy life.
More about Priority 4: Make Northamptonshire a place where people can flourish (grow and do well)

We will make sure:

• Communities know how to work out ways to support themselves to be more healthy and happy
• Everyone has a warm, safe home that they can afford
• More people are in work that pays a living wage (the amount that the government says is enough for people to live on)
More about Priority 4: Make Northamptonshire a place where people can flourish (grow and do well)

• Employers care about the wellbeing of their staff
• Our towns and new housing estates are built in a way that helps people to be more healthy and well
• People can use parks and leisure services that make us feel good about ourselves and proud of Northamptonshire
How we will work together on the things in the big plan

There is a lot to do for the people of Northamptonshire in our big plan.

We need to change things quickly and in a good way to help people to be more healthy and well for a long time to come.

We will do this by working hard on our 4 priorities.
More about how we will work together on the things in the big plan

The Health and Wellbeing Board will:
• Work together to reach the agreed goals
• Make sure the members of the Board do what they said they will do
• Use facts to decide what to do and how to do it
More about how we will work together on the things in the big plan

The Health and Wellbeing Board will:

• Make sure problems don’t happen by spending money wisely
• Listen to each local community so it can work in the best way possible with different areas. This will help the best choices to be made about how to be healthy and well and help the Board reach its goals
• Deliver services in the way that people need them
How you can have your say

This big plan is for the people of Northamptonshire and we want to hear what you think about it.

You can say what you think from Monday 4th January to 15th February 2016.

You can fill in a survey by clicking [here](#)

If you can’t do the survey online you can get a paper copy:

Email [EPIT@northamptonshire.gov.uk](mailto:EPIT@northamptonshire.gov.uk)

Or

Call 01604 367611
We will look at what you say is important to do in Northamptonshire and it will help us to decide what is in the final big plan.

The big plan will be talked about again at the Health and Wellbeing Board on the 10\textsuperscript{th} March 2016 and they will agree what should be in it.

To see how you can go to this meeting or watch it online click [here](#).
### Hard Words

<table>
<thead>
<tr>
<th>Word</th>
<th>What it means</th>
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<tbody>
<tr>
<td>Clinical Commissioning Groups (CCG)</td>
<td>These are groups of GP surgeries that work together to plan and design local health services. They do this by commissioning or buying health and care services.</td>
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<tr>
<td>First for Wellbeing</td>
<td>This is the name of the community interest company that will deliver health and wellbeing services for Northamptonshire County Council, Northamptonshire Healthcare NHS Foundation Trust and the University of Northampton</td>
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<td>Word</td>
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<tr>
<td>---------------</td>
<td>-----------------------------------------------------------------------------</td>
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<tr>
<td>Healthwatch</td>
<td>Healthwatch is the voice of the people using Health and Social Care services</td>
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