

Tameside and Glossop Clinical Commissioning Group

NHS Tameside & Glossop Clinical Commissioning Group

Our Plans for 2013/ 2014 to support delivery of our five year Strategy 2012-2017

Introduction

From the 1st April 2013 local doctors took over the responsibility for commissioning health services. This means they have to decide what people need to be healthy and buy the services that are needed. To do this the GPs in Tameside & Glossop formed an organisation called NHS Tameside & Glossop (T&G) Clinical Commissioning Group (CCG).

As T&G CCG we want to help you stay healthy and we set out our plans in our Five Year Commissioning Strategy. In it we say what is important to us and what changes we want to deliver. You can find more details on our five year plans on our website at <http://www.tamesideandglossopccg.org>

We have a vision:

“Your CCG is led by local GPs. By inspiring all NHS colleagues, and working closely with partners, we will ensure the development of excellent, compassionate, cost effective care, leading to longer healthier lives”.

And we follow four values:

- Listening to patients;
- Developing innovative services closer to home;
- Increasing taxpayer value for money, and
- Improving the health of the residents of Tameside & Glossop

In this document we say what we want to do in 2013/14.

Our Plans for 2013/14

In 2013/14 we will do our best to help all our patients stay healthy and make sure no community is disadvantaged. We will use the £327million the government gives us to make sure that the services we commission are of the highest quality and meet the rights and pledges in the NHS Constitution.

Our plans take into account everything that the Government wants us to do including:

- Providing you with more choice

- Ensuring your healthcare needs are met seven days a week
- Listening and involving patients in how we shape services
- Using data to continuously improve our services
- Improving the quality and safety of care

If you are registered with a GP in Tameside & Glossop we will make sure that you get the services you and your family need. These services will:

- Help prevent you from dying prematurely
- Improve your quality of life if you have a long term condition
- Help you to get better when you are ill or injured
- Give you a positive experience of care
- Keep you safe and prevent you from avoidable harm

We cannot keep you healthy by ourselves so our plans sit alongside those of our local councils.

Tameside Health and Wellbeing Board	NHS Tameside & Glossop CCG	Derbyshire Health and Wellbeing Board
STARTING WELL	CHILDREN AND FAMILIES	HEALTH & WELLBEING IN EARLY YEARS
DEVELOPING WELL	LIFESTYLE CHOICES	HEALTHY LIFESTYLES
LIVING WELL	MENTAL HEALTH	MENTAL HEALTH & WELLBEING
WORKING WELL	LONG TERM CONDITIONS	PEOPLE WITH LONG TERM CONDITIONS & THEIR CARERS
AGEING WELL	PLANNED CARE AND CANCER	PEOPLE WITH LONG TERM CONDITIONS & THEIR CARERS
DYING WELL	URGENT CARE	OLDER PEOPLE'S HEALTH & WELLBEING
	END OF LIFE	

By working in partnership with councils, voluntary groups, local healthcare providers, other CCGs and most importantly you, we will have the greatest impact on health and reducing health inequalities.

1. Children and Families

Helping children and young families live secure healthy lives

We have around 3100 babies born a year of which 240 weigh less than 2.5Kg. This is eleven more than the national average. We have around 49,000 under 16 year olds living locally and most have the vaccinations they need. We want our children to have the best start they can in life and to help parents to build strong and healthy families.

In 2013/14 we will

- Use feedback from patients' experience in maternity to plan our services
- Talk to more pregnant women about giving up smoking, reducing their alcohol use and eating healthily
- Encourage women to breastfeed for at least 8 weeks
- Encourage families to have their children vaccinated
- Have mental health specialists in children's services

We need you to

- Tell us what was good and bad about services
- Make healthier lifestyle choices
- Talk to your Midwife and Health Visitor about how you can keep your baby healthy
- Talk to your GP and other clinicians if you want help

Together we will have

- 9 out of 10 mothers booked into maternity services within the first 12 weeks of pregnancy
- 55 less mothers smoking at their time of delivery
- Five more babies weighing at least 2.5Kg when born
- At least 1000 of our babies breastfeeding at 6 to 8 weeks
- More children and parents getting help on mental health when they need it
- Most of our children continuing to have the recommended vaccinations

2. Lifestyle Choices

Tackling the damaging effects of obesity, smoking, alcohol and other unhealthy lifestyles

We have more people with unhealthy lifestyles than average for England. Locally around a quarter of all adults smoke. One in four people drink alcohol at amounts that put their health at risk with one in fifty already harming their health. 52,000 adults are obese which means they are likely to live eleven years less than people with a healthy weight.

The way we live our lives especially smoking, drinking too much alcohol, poor diet and lack of exercise affects our health and how long we might live. We want to help people to understand the risks and support them if they want to change.

In 2013/14 we will

- Ask about your smoking, alcohol use and diet more often so you understand the risks to your health
- Encourage you to make changes to reduce your risks
- Refer you to services that can help you make the changes

We need you to

- Stop Smoking
- Drink alcohol at sensible levels
- Eat as healthily as you can
- Take more exercise
- Lose weight if you need to
- Encourage your family to lead healthy lives

Together we will have

- 2000 less adults smoking
- Less than 5000 people in hospital because of alcohol use
- 900 adults who have lost weight and are no longer obese
- Men living on average to 77 years and women to 81 years

3. Mental Health

Improving mental health and learning disability services, especially for patients with dementia

Our mental health services are better than average but less people use them than we would expect. We want to improve the mental health and wellbeing of people and reduce the stigma around mental health and learning disability, so that more people are willing to seek the help that would make a big difference to their lives.

In 2013/14 we will

- Work with GPs to identify people with Dementia as early as possible
- Provide more therapies for people with mental illness
- Ask more GPs to carry out annual health checks for people with a learning disability
- Increase services for military veterans
- Increase services for people over 65
- Increase services for people from Black and Minority Ethnic groups

We need you to

- Talk to your GP about your mental health like you do your physical health
- Keep physically healthy as that helps with mental health
- Help people with mental health issues to seek help
- Encourage people with learning disabilities to attend health checks and cancer screening

Together we will have

- 64 more people with Dementia recorded on a GP register
- One in three people with learning disabilities attending an annual health check and cancer screening.
- 1500 more people supported by mental health services

4. Long Term Conditions

Providing more appropriate and cost effective services for people living with long term conditions

We have decreased the number of people who die under 75 years old but we still have lots of people who die early. We want to help people with illnesses like cardiovascular disease (CVD), respiratory disease and diabetes to help manage their long term conditions.

In 2013/14 we will

- Identify and treat people with respiratory disease earlier
- Deliver high quality cardiology services
- Develop services that include health and social care so they meet the individual needs of each patient
- Improve diabetes services and “life after stroke” services
- Help people use equipment to monitor their health in their own home when appropriate

We need you to

- Take part in self care programmes so you know how to manage your long term condition or care for someone with a long term condition
- Attend annual health checks and take up invitations for flu jabs
- Talk to your GP if you think you may have a long term condition
- Take any medicines from your doctor properly
- Look after your health

Together we will have

- 18 less people under 75 years old dying from CVD
- All our GPs recording more people with a long term condition on a register so they can invite them for check ups
- At least 235 people with respiratory disease stopping smoking
- Five less people under 75 years old dying from respiratory diseases

5. Planned Care and Cancer

Providing appointments and treatments especially for people with life threatening illnesses

There are times when we need pre-arranged treatment for illnesses we call this planned care. In an average month we use 10,000 hospital appointments and 7,300 surgical treatments. We have too many people dying from cancer locally mostly because we do not identify it early enough.

In 2013/14 we will

- Treat you when we can at a local clinic rather than in hospital
- At the hospital we will carry out more tests on your first appointment
- Use your comments in surveys and the Friends and Family Test to check we are treating you well and change when we are not
- Send you reminders of why cancer screening can save lives
- Reduce the amount of nights you have to stay in hospital
- Use specialist nurses to provide excellent care more quickly
- Reduce wasted appointments by reminding you why it is important you attend

We need you to

- Go for cancer screening when invited to do so
- Go to your appointments at the surgery or clinics
- Help us plan where to put our services to make sure we can deliver the excellence we want
- Give us feedback through the Friends and Family Test

Together we will have

- Four out of five women invited going for cancer screening
- Seven out of ten people sending back their bowel screening kit samples
- People turning up for 19 out of every 20 appointments
- 95 out of 100 people being treated within 18 weeks

6. Urgent Care

Providing emergency and same day care for people who suddenly become unwell

Going into hospital in an emergency is upsetting and we have around 210 people going to Accident & Emergency (A&E) every day. About 40 of these could be treated by their GP or by other clinicians so do not need A&E. Around 50 people have to stay in hospital overnight. We need to make sure we use our A&E wisely.

In 2013/14 we will

- Provide information on where to go when you need care
- Continue to provide a Walk In Centre for same day treatment of urgent but not serious illnesses
- Treat more elderly patients at home or in specialist centres rather than in the hospital
- Have health and social care working together to reduce the number of nights a person has to stay in hospital
- Support people with long term conditions better at home so that they don't need to go to A&E for help

We need you to

- Only use A&E when you need hospital attention for a serious illness or injury
- Use the Walk in Centre in Ashton if you have a minor injury
- Go to the Pharmacist for advice and treatment of colds and flu, stomach upsets and sore throats
- Talk to your GP and nurses about how to stay healthy
- Live as healthy a lifestyle as you can

Together we will have

- Ten less people a day going to A&E when they could have been treated elsewhere
- Five less people a day going to hospital when they could be treated at home
- Elderly patients leaving hospital earlier and being treated at home or in a specialist centre

7. End of Life

Making care for people who approaching the end of their life more appropriate and compassionate

Over half of us want to die at home and in 2010 one in three local people died at home. Patients and their relatives look to health services for help when the end of life is likely and want to be sure that people can die in comfort and with dignity. Making sure this support is available is very important to us.

In 2013/14 we will

- Train health and social care staff to recognise when people are approaching death
- Talk to you about where and how you want to be cared for at the end of your life
- Support you at end of life so you are cared for and die in the place of your choice
- Improve communication with patients and carers about end of life care
- Discharge you from hospital quickly if you are approaching death and want to die at home

We need you to

- Think about the care you want at the end of your life
- Talk to your family, carers and GPs about how you want to be treated and whether you want to die at home
- Decide who you want to make decisions about your care in the future if you become unable to make decisions yourself

Together we will have

- People dying in comfort and with dignity
- At least two in five people dying at home if they want to
- More patients writing down their wishes about the care and treatment they want at the end of their life

Our Improvements in 2013/14

In 2013/14 we need to continue to deliver cost improvements, streamline services and ensure our patients have a positive experience of care.

You will see that you have high quality services available to you and that they are helping you stay healthy.

You will see how we have worked in partnership with:

- Tameside Metropolitan Borough Council,
- Derbyshire County Council,
- High Peak Borough Council,
- Tameside NHS Hospital Foundation Trust,
- Stockport Foundation Trust,
- Pennine Care Foundation Trust,
- Our Independent Providers,
- Tameside and Derbyshire Links,
- Local voluntary , community and faith groups,
- Other Greater Manchester CCGs,
- NHS England and very importantly
- YOU

To improve the health of everyone living in Tameside & Glossop.

We will feedback to you on what we are doing and what we are achieving so you can hold us to account and help us plan for 2014/15. Please use our website www.tamesideandglossop.org to find out more about us, our plans and how you can get involved, ring us on 0161 304 5300 or follow us on Twitter – @TGCCG