Summary **Easy Read** Document

NORTH CUMBRIA
HEALTH & CARE

Happier, healthier **communities**

To find out more and view the full version of Our Strategy 2020-24, please visit: **www.northcumbriahealthandcare.nhs.uk/our-vision/our-strategy**

OUR STRATEGY

2020-24

BUILDING INTEGRATED CARE
Happier, healthier communities

This is an Easy Read booklet about

Building Integrated Care: Happier, healthier communities

This document uses easy words and easy pictures.

Difficult words will be in **Bold**. These words are explained at the end of this booklet.

You may like to have someone to support you when you look at this booklet.

What is in this booklet?

1. What is this booklet about?

2. Who is involved?

3. What does this mean for you, me and everyone else?

4. Our Aims – what North Cumbria Health & Care want to achieve

5. What next?

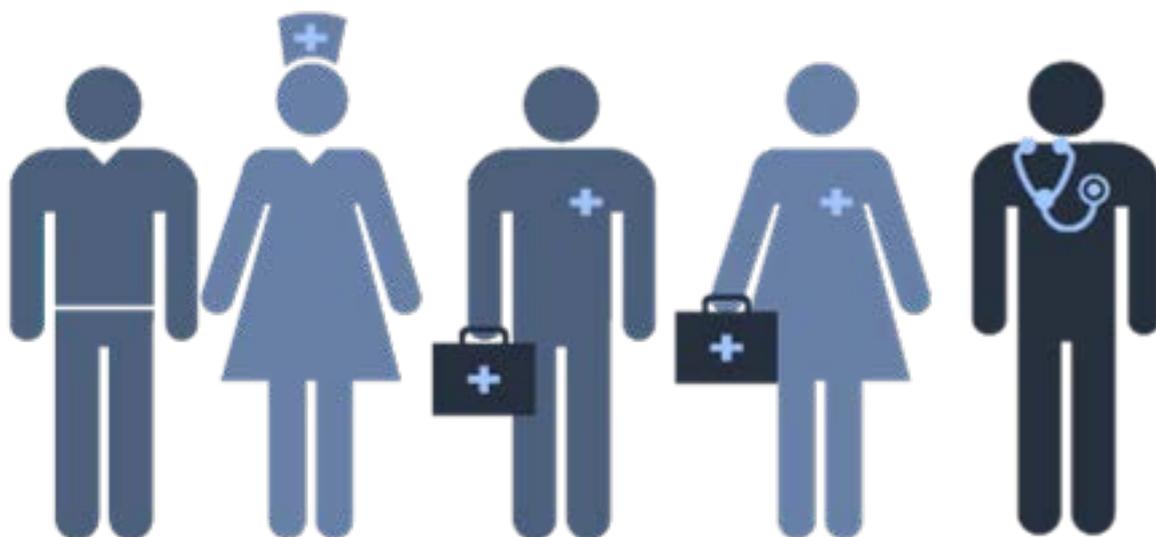6. What the words mean?

1. What is this booklet about?

The NHS has written a plan for the next 10 years, it looks at the different things the NHS needs to do to make things better across the country.

This booklet is about some of the things we need to do here in North Cumbria to make things better.

It is called Building **Integrated** Care: Happier, healthier **communities**.

This means that the health and care services will work together with the people in the community to make the places we live and work happier and healthier.

2. Who is involved?

Happier, *healthier* **communities**

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- North Cumbria Health & Care e.g Hospitals, Community services, General Practice, Ambulance.

- You, me and everyone else

- Community groups

- Third Sector **organisations** eg, People First and Mencap
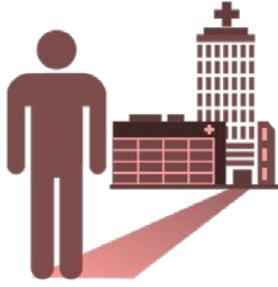
3. What does this mean for you, me and everyone else?

Health & Care will:

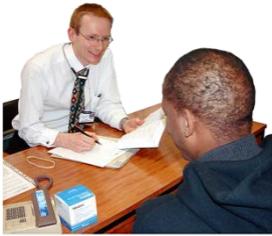Help you to stay well, get the right care in the right place at the right time.

Help you to look after your health better.

Make sure that you do not need to tell your health and care issues more than once.

Work together to ensure you only go into hospital if you really need to.

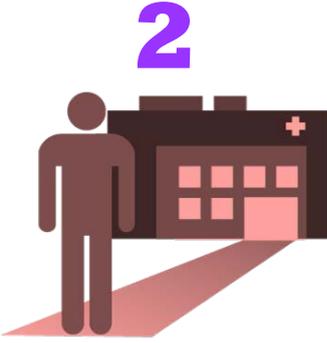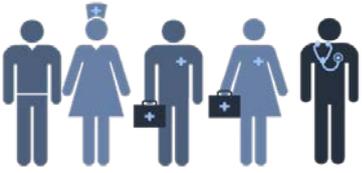Give you better access to advice from specialists and their teams.
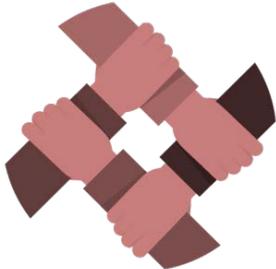
Give you access to services and advice from your computer, tablet or phone if you want to.

Listen to you, and work together, so you get the right care for you.

4. The Seven Aims – what does North Cumbria Health & Care want to achieve?

1	Support people of all ages to be in control of their own health For example: • supporting more people to get a check-up at the doctor each year to keep them well. • making sure that children and their families get the best start in life by supporting them better. • helping people to give up smoking
2	Access the right care closer to home • Work with the community to make services better • Making sure that the children and young people with a complex learning disability or autism are better supported

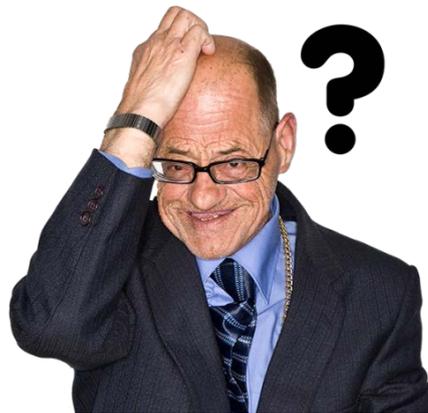|	
3	Provide safe and good standards of health & care services. • Finish building the new West Cumberland Hospital in Whitehaven • Make sure that when people need support very quickly that they can get it, on any day of the week, even weekends.
4	For North Cumbria Health & Care to be a great place to work. • Helping people in Cumbria to consider a job in the NHS. • Help staff and patients by supporting more people to volunteer for the NHS
5	Work together with other organisations to provide health & care services. • Work more closely with the county council and other organisations to join up services

6	Making sure we spend our money in the best way to provide support.
7	Make better use of technology. Give you access to services and advice from your computer, tablet or phone if you want to.

5. What next?

You can tell us if you think we are improving our services by filling in surveys when you are asked, or by talking to Healthwatch Cumbria.

6. What the words mean

Integrated	Organisations working together to join up services.
Communities	Groups of people living in the same place
Survey	Questions to find out what people have to say or what they think
Organisations	A group of people who work together