How can we make Norfolk and Waveney a healthier place to live? (July 2019)

Every day we make choices that affect our own health and wellbeing, and many of us spend time caring for other people too - our partners, children, parents and friends.

As a result, we all have lots of experiences of caring for others, and being cared for.

Your local NHS and care organisations are working together to plan for the future. We need you to turn all your experiences into good ideas about how we can improve the health and wellbeing of people living in Norfolk and Waveney.

We know that our health and wellbeing is affected by our own choices, our communities and where we live, the services provided by local and national government, voluntary organisations, businesses and others, not just on the NHS.

This is why we need your ideas about what all these organisations, and us as individuals, can to do differently to improve our health and wellbeing.

Your ideas might just save a life, so get involved and tell us what you want to see in our five year plan for health and care.

About us - the Norfolk and Waveney Health and Care Partnership

We are a partnership of local health and care organisations working together to build healthier communities in Norfolk and Waveney. Our partnership includes local GP practices, hospitals, community care, social services and mental health teams, and together we provide services to more than a million people.

Visit our website to find out more about us:
www.norfolkandwaveneypartnership.org.uk.
Here’s why we are working together in partnership:

**Our health and care needs are changing**

Our population is growing, people are generally living longer and the type of care that people need is changing. By 2030 we predict the population of Norfolk and Waveney will have risen to 1,094,000 and the largest increase will be in the over 75s - in 2030 there will be over 57,000 more people aged 75 and over living locally compared with 2015. All of this means that how we look after ourselves, and how health and care services work together to care for people, also needs to change.

**Our services are under pressure**

Our health and care services are under increasing pressure and need to adapt to our changing health and care needs. If we don’t do anything, the pressure on our services will only increase, we won’t have enough money or staff to keep caring for people in the same way we do now.

**New technology is revolutionising our health and care**

At the same time, new technology is changing what we can do to look after ourselves, as well as how health and care services can treat and support people. We need to make the most of the opportunities that new technology offers so that we can provide the type of care that people now need and to reduce the pressure on our services.

**How you can help us develop our five year plan for health and care**

We are developing a five year plan for health and care services in Norfolk and Waveney. Our plan will set-out how we will deliver the ambitions of the NHS Long Term Plan and our local priorities, including our Health and Wellbeing Strategy.

We know that people living in Norfolk and Waveney have lots of experience of NHS and care services, as well as of course looking after themselves and others. We want to make the most of all of our collective experiences and turn them into good ideas about how we can improve the health and wellbeing of people living and working locally.

So between 17 July and 27 August, we are asking the public to contribute their ideas for different sections of our plan. From how we can give children and young people the best start in life, through to supporting people to age well, from better managing long term conditions like diabetes and breathing problems, to preventing people from getting cancer.

You can share your views via online, as well as see and comment on other people’s ideas, by visiting: [https://ingoodhealth.dialogue-app.com](https://ingoodhealth.dialogue-app.com). We will be asking people about different sections of our plan each week online.
Alternatively, you can complete the form below and post it back to us. Here is our freepost address – you don’t need to use a stamp:

Freepost RTJE-GXBZ-CSJR
NHS Norwich CCG
Room 202
City Hall
St Peters Street
Norwich
NR2 1NH

Your ideas will help us to develop our plan, which will be published in the autumn of 2019. Thank you for getting involved.
How can we make Norfolk and Waveney a healthier place to live?

Our questions

1. We know how important it is that children and young people get the best start in life. What can we as individuals, families, communities and public services do to make this happen? What is working well and what would help improve things?

2. Many people living in Norfolk and Waveney have a long-term condition, such as diabetes, breathing problems, Parkinson’s disease or epilepsy. Half of all GP appointments made are as a result of a long-term condition. We also know that people with a long-term condition are more likely to have depression, anxiety and other mental health problems.

   How can we as individuals, families and public services better manage long-term conditions? What is working well and what would help improve things? And how can we support people caring for those with a long-term condition?
3. People in England can now expect to live for far longer than ever before – but these extra years of life are not always spent in good health, with many people developing conditions that reduce their independence and quality of life.

What can we do as families, communities and public services to enable people to age well? What is working well and what would help improve things?

4. In future neighbouring GP surgeries will be working much more closely together. There is lots that they can learn from each other. What’s the best thing about your GP surgery that others could copy?

Because GP surgeries will be working closer together, they will be able to offer a bigger range of services. For example together they could employ a pharmacist or physiotherapist, or they could have a dementia worker or social worker based at one of the surgeries. What services would you like to be able to get at your GP surgery or a neighbouring surgery in future?
5. More people are surviving cancer than ever before, but we know that we can save even more lives by catching more cancers early and starting treatment fast. Over a third of cancers are preventable, what do you think we can do to prevent ourselves, family members and friends from getting cancer? What can we do to diagnose cancers earlier?

6. What else would you like to see in our five year plan?

Returning your completed form

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