



The Norfolk and Waveney Health and Care Partnership

## Norfolk and Waveney STP Oversight Group

### January 2019 update

On 7 January 2019, the NHS published its Long Term Plan for making sure our health services are fit for the future. It aims to give everyone the best start in life, deliver world-class care for major health problems such as cancer and mental health, and help people age well.

Central to the delivery of all of the ambitions in the plan will be the need for people to work together – whether that's GP surgeries teaming up with each other, as well as with community and mental health services and social care, so they can care for more people more effectively, or whole health and care systems coming together to plan and deliver improvements in care for people.

The plan, backed by extra investment, has been developed by people who know the NHS best – frontline health and care staff, patients and their families, and other experts – who will continue to shape how it is implemented across the country.

Over the next six months, we will be working with patients, the public and partners - including local councils, the voluntary and community sector and social care – to develop a local plan that turns the national ambitions contained in the Long Term Plan into real improvements to services and outcomes for patients, building on the progress we've already made together over the last few years.

More details about opportunities to help shape our local plan will be shared shortly. In the meantime, to read a copy of the national plan and find out more visit [www.longtermplan.nhs.uk](http://www.longtermplan.nhs.uk).

I hope that you find the updates below useful – please let me know whether you'd like more detail on any of them.

Patricia

**Rt Hon Patricia Hewitt**

**Independent Chair of the Norfolk and Waveney STP**

[Click here to receive these updates straight to your inbox](#)

## Diabetes care in Norfolk and Waveney

All of our meetings now start with us hearing from a patient or carer about their experience of local health and care services and how we can provide better and more coordinated care.

Our first meeting of the year started with us hearing Christopher Aldred's story about his experience of the care he has received for his type 1 diabetes. I'm grateful to him for sharing the good and the bad with us.

One of things that struck me about his story was that his life was much better when the NHS enabled him to help himself more. Unusually, Christopher was taught how to administer his own IV. This put him more in control of his own care, which helped him to manage his health and work commitments better. This example reminded us that people can often do more for themselves than we perhaps think.

We'll be discussing diabetes at our meeting in March in much more detail, particularly the implementation of our diabetes strategy, which you can read [here](#).

## Get your flu jab #helpushelpyou

Just because you don't have flu symptoms, doesn't mean you're not passing it on. Anyone can carry the virus without knowing it, so make sure you get your flu jab as soon as possible at your GP practice or pharmacy #HelpUsHelpYou



## Have your say on our draft mental health strategy for Norfolk and Waveney

We want to know what you think of [our draft mental health strategy](#). Published in December, our draft strategy was developed with input from thousands of local people and professionals. Thank you to everyone who has contributed their time, energy, thoughts and experiences so far.

Here are the six priorities in our draft strategy:

- Focus more on prevention and wellbeing
- Ensure clear routes into and through services and make these transparent to all
- Support the management of mental health issues in primary care settings
- Provide appropriate support to those in crisis
- Ensure effective in-patient care for those that really need it
- Ensure the system is focused on working in an integrated way to care for patient

[Watch our video](#) to find out more about our draft strategy.

There is more work to be done to refine and develop our strategy further, which is why I'd encourage you to read it and tell us what you think by:

- Completing our online survey: [www.smartsurvey.co.uk/s/NWMHStrategyDraftFeedback](http://www.smartsurvey.co.uk/s/NWMHStrategyDraftFeedback). A printed version is also available on request.
- Writing to us: Freepost RTJE-GXBZ-CSJR, NHS Norwich CCG, Room 202, City Hall, St Peters Street, Norwich, NR2 1NH.
- Inviting us to a meeting of a local group or organisation between now and 6 February. We will do our best to have someone attend to discuss the strategy.

In addition to developing our long term strategy, we are continuing to work closely with our national NHS colleagues, our counterparts in Suffolk and NSFT itself to ensure that the necessary short-term changes to mental health services take place quickly and effectively while we're developing a new model of care, based on prevention, primary care and community.

### Focusing on children and young people

Sara Tough, Executive Director for Children's Services at Norfolk County Council, gave us an update on our review of child and adolescent mental health services (CAMHS) and the wider integration of children's services. The review has produced a set of recommendations to create a much more integrated children's system, with consistent system-wide strategic leadership for children and young people's mental health.

We want a greater emphasis in our STP on the needs of children and young people and we are creating a new STP workstream to channel future transformation work. This will enable us to collectively make the biggest difference to the lives of children and young people living locally, and will support, for example, the implementation of the recommendations from the review of CAMHS.