

Creating local health and care services that are...

Fit for the Future

Keeping you in touch with your local NHS

- What you've told us about your priorities for local NHS services, and how this has influenced our plans
- How you can get involved in changing and transforming local health and care services

NHS Basildon and Brentwood Clinical Commissioning Group brings together all 42 NHS GP practices in Basildon and Brentwood to commission the majority of NHS health services for a population of 274,000, including: elective (planned) hospital care; urgent and emergency care; most community health services; mental health & learning disability services; children's services.

NHS Basildon and Brentwood CCG, Phoenix Place,
Christopher Martin Road, Basildon Essex SS14 3HG
bbccg.involvement@nhs.net



Keeping you in touch with your local NHS

Last summer, NHS Basildon and Brentwood Clinical Commissioning Group (CCG) launched its “Fit for the Future” community engagement programme, seeking people’s views on how the local NHS should adapt and change to meet the challenges of the future.

We asked you to tell us about the NHS and social care services that are most important to you and how we can best support you to look after your own health and wellbeing and that of the people you care for. We attended as many local community meetings as possible, held public discussion events and asked people to fill in a questionnaire to tell us what they thought.

This briefing aims to keep you up-to-date on developments in local health and care services, and how what you’ve told us about how you use health services has influenced our plans for future services.



What did you tell us about your priorities for local health and care services?

We asked local people to tell us which services they used the most and which were most important to them. Overwhelmingly, people told us how much they used and valued their local GP practice's services above all other services (95% of survey respondents) but often reported finding it difficult to get a suitable appointment to see their GP.



95%

agreed that it is important for people to be in charge of their own health and wellbeing.



However, only

54%

felt that they had enough information and/or support to take control of their own health.

95%

valued their local GP practice's services above all other services



Why we need to change how we deliver health and care services

While there is much to be proud of in the local NHS, it is clear that health and care services have not kept pace with changes in people's health needs or expectations. The system is not set up to cope with the growth in demand for services or the effects of demographic change, such as the growing number of older people living with long-term conditions like diabetes and respiratory diseases. But while pressures on the system grow, the amount of money we are given to run health and care services is not keeping pace, leaving a potential funding gap of £216million across mid and South Essex by 2018/19.

The challenges we are facing are not unique to Basildon and Brentwood – they are being faced by all health and social care organisations in Essex. In recognition of this, mid and south Essex is one of three Success Regime areas in England who are being given extra help and support to tackle the systemic issues that are affecting NHS and social care services across the county. You can find out more about the Success Regime and how it might affect local services on page 5.

Our response to these challenges is to set out a programme of change and transformation in which we focus much more strongly on services which support individuals to remain as well and as independent as possible, which are delivered closer to home and which reduce the need for often unnecessary hospital-based care whilst improving health and wellbeing.

You can find out more about how people responded to our questionnaire on our website www.basildonandbrentwoodccg.nhs.uk.



Our plans for the future of local health services...

Local GPs sit at the heart of our plans to transform health and social care services across Basildon and Brentwood.

The CCG knows from conversations with local people that services provided by their GP are among the most used and valued of all health and social care services. We believe that many more health and social care services could be delivered locally, with GPs taking on a stronger lead role in the care of individual patients. We want to use some of the money we currently spend on urgent and crisis care to invest in services which support people to maintain their health and independence and stay well longer.

It is crucial that we support people across all generations to look after their own health and wellbeing, and to remain as healthy and independent as possible, with fewer health crises and less time spent in hospital. We are already working with our partner organisations across Essex to develop services that are designed help people regain and maintain their independence and prevent unnecessary hospital admissions, such as the new **Reablement at Home** service which offers up to six weeks of intensive support in people's own homes to help them recover after a period of ill health or surgery, and the **Essex Emotional Wellbeing and Mental Health Service** for children and young people which offers a comprehensive service with a strong focus on early intervention and prevention.

Social prescribing...

...a different approach to health and wellbeing

There is a growing recognition that the factors which affect a person's health and wellbeing can be complex. This has meant looking away from traditional approaches to health into new ways of supporting people.

Social prescribing allows people to be matched with services within the community which offer help and support in a variety of different ways. It offers the opportunity to address problems at an early stage and can reduce or postpone the need for health and social care interventions, promoting long-term health and wellbeing and helping people to remain independent for as long as possible.

Recently launched pilot schemes in Pitsea and Laindon allow GPs and other health or social care professionals to refer individuals for social prescriptions, where their support needs are assessed and they can then be referred on to an appropriate local voluntary sector service. Social prescriptions can include opportunities for physical activity, self-care management courses, arts and creativity, learning new skills, volunteering, mutual aid, befriending and self-help, as well as support with, for example, employment, benefits, housing, debt, legal advice, or parenting.

Since launching in the spring, the service has helped nearly 100 people to access the help and support they need. If successful, it is hoped that the service can

be extended to other areas within Basildon and Brentwood.

Helen Lax, Essex County Council, John Leslie, Basildon and Brentwood CCG, Krishna Ramkhalawon, Public Health Consultant and Chris Evans, Basildon Council for Voluntary Services at the launch of the social prescribing service



The Mid and South Essex Success Regime

NHS Basildon and Brentwood CCG's plans for changing how services are delivered to people in our area will fit into a larger picture of change with the creation of the mid and south Essex Success Regime.

Long-standing and systemic difficulties in providing health and social care services in mid and south Essex have led to a situation in which NHS and social care services are not keeping pace with the needs of local people, and resources are not being used as efficiently as they could be.

Diagram shows the scope of the Success Regime programme to sustain and improve services in mid and south Essex.

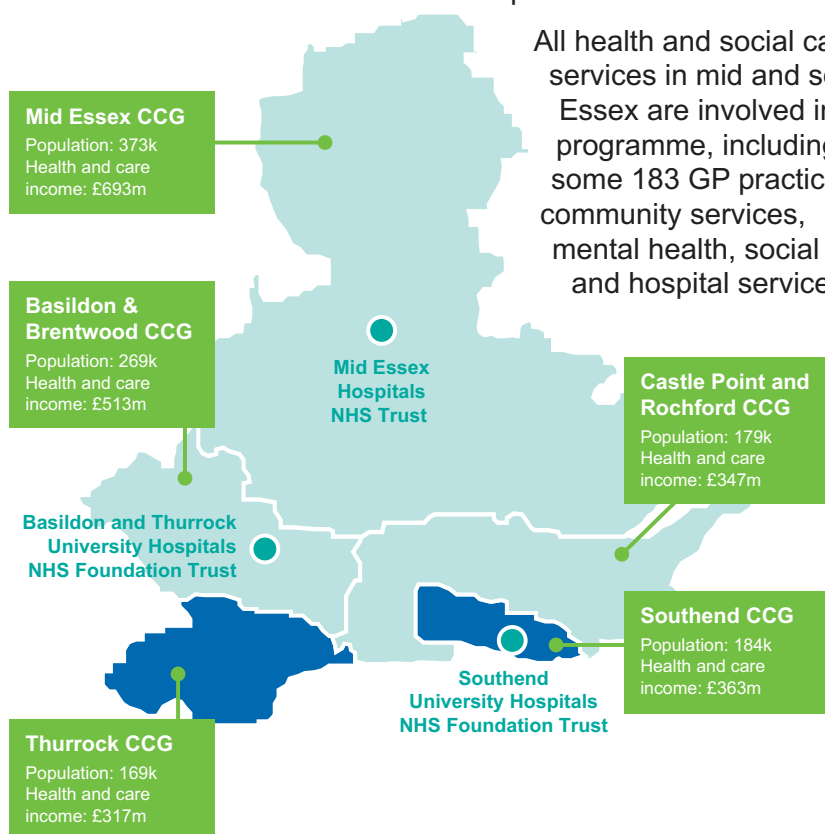
Inefficiencies in the way services are delivered in mid and south Essex mean that health and social care organisations are currently running a £94 million deficit, which could rise to over £216 million by 2018/19.

The Mid and South Essex Success Regime has been created by NHS England to help speed up efforts get the system back into balance by 2018/19 and deliver the best joined up and personalised care for patients.

All health and social care services in mid and south Essex are involved in the programme, including some 183 GP practices, community services, mental health, social care and hospital services.

Plans are still at an early stage, but some of the changes that could happen as a result of the Success Regime include:

- The range of services provided locally, outside of hospitals, could expand over the next three to five years, with joined up services based in primary care, multidisciplinary teams and close links with voluntary sector and other public services.
- Hospitals may develop more specialist centres to offer clinically excellent services to patients drawn from a wider area, as is the case now with cardiothoracic services at Basildon, radiotherapy services at Southend and burns and plastics at Broomfield.
- There would be a greater emphasis on supporting people to stay healthy and encouraging individuals to take responsibility for their own health and wellbeing. Greater use of technology would give people online and practical tools to manage their own health where possible.
- There could be more appointments available locally by involving a wider range of health professionals.



Population: 1,175k
3 local authorities: Essex; Southend; Thurrock
5 CCGs, 3 Acute trusts
 • 85% of acute activity from 5 CCGs remains in Essex NHS trusts
 • 93% of local trust activity is from Mid and South Essex patients
System health and care income 15/16: £2,233m
System health and care exp. 15/16: £2,327m
System health deficit 15/16: £94m



What to expect over the coming months

Over the next few months we will be asking you to tell us what you think about a number of proposals.

Some of the changes that we will be seeking your views on will relate to improvements we can make in the delivery of care, others will focus on the health and social care system's financial position as we look at ways to bring our finances from a significant deficit – projected to be about £14m for 2016/17 – back into balance. This may mean making choices about which health care needs the NHS can afford to meet and which services we can continue to offer on the NHS.

We are also looking to make changes to how we organise health services – such as the focus on developing primary care services and offering more services outside of hospitals and closer to



home. From our conversations with local people over the last year, we think many of these changes will be welcomed.

Listening to you...



*Basildon and Brentwood
Clinical Commissioning Group*

This is a time of change across health and social care. Many of the changes will lead to much needed improvements in how we look after patients and provide modern services which meet people's health needs both now and in the future. Some changes may be less welcome, but necessary to ensure health and social care organisations live within their means and are sustainable for the future.

Whatever the changes we may propose over the coming months, we are committed to listening to local people and to those who rely on NHS and social care services. There are many different ways that you can get involved – here are some of them.

- Come to a public discussion event. Check the CCG's website for the full programme of dates and locations.

- Join a patient group where you can feedback your views in a supportive environment. Ask at your GP practice how you can get involved in your local group. From time to time there will be opportunities to apply to join the CCG's Patient and Community Reference Group, a forum for ensuring patients' views are listened to by the CCG board before decisions are made on local health services. Visit our website for further information.
- Ask us to come and talk to your group or society meeting. Email bbccg.involvement@nhs.net to find out more.

Visit the 'Get Involved' section of the CCG's website for more information.
www.basildonandbrentwoodccg.nhs.uk

