A healthier Manchester.

Our vision, your health
Where we are now:
Greater Manchester

Local councils and NHS organisations in Greater Manchester have agreed with the Government that decisions affecting local people should be made here, instead of nationally. This devolution deal means we will control how billions of pounds of public money is spent in Greater Manchester. This new way of working will cover areas such as policing, housing and transport – and also health and social care. The devolution of health and social care will focus on:

- More work on preventing people getting ill, being able to look after themselves and helping people into employment
- Joining up health and social care services, to reduce gaps in the system and make services work better together
- Better community-based care near people’s homes
- Better care for people with mental health problems, such as depression.

Devolution will mean we can make a bigger impact more quickly on the health of people in Greater Manchester, by working together and by making the most of the funds we have been allocated.

By 2021, we aim to have these key improvements across Greater Manchester:

- Fewer low birth-weight babies
- Fewer children in Manchester living in poverty
- Fewer people to die early from heart disease
- Fewer people with cancer
- Fewer people with respiratory disease
- More people to be supported to stay well and live at home for as long as possible.

Where we are now:
The city of Manchester

The new Manchester Strategy has just been launched. This describes the vision the city has for its future. Manchester will become a thriving city, which:

- creates new jobs for the area, reducing the number of people who are out of work
- ensures that everybody is paid enough to live on – this is described as a real living wage
- builds on school results so that they are significantly higher than the UK average
- builds well-designed, energy-efficient homes that meet the needs of the people who live in the city
- is recognised for its high quality of life, with many parks and green areas, and world-class sports, leisure and cultural facilities
- encourages a strong sense of belonging and pride in the city.

As well as this important work on those aspects of life that have a positive impact on an individual’s health and wellbeing, the strategy also states it ‘will improve the health and wellbeing of the people who live in the city, and have more active adults and children’. This is described in more detail in the city’s Health and Wellbeing Strategy, which can be found at manchester.gov.uk/healthwellbeingstrategy

The new Manchester Strategy can be found at: manchester.gov.uk/mcrstrategy
Where we are now: The health and wellbeing of Mancunians

Health outcomes for people living in Manchester are poor compared with other parts of the country. For example:

- Nearly 27,000 people in Manchester are recorded as having type 1 or 2 diabetes. This is 5.9% of the Manchester population.
- Some 350 people under the age of 75 die from cardiovascular (heart) disease in Manchester each year.
- The rate of alcohol-specific hospital admissions in Manchester is over double the England average.
- The highest number of smoking-related deaths in the country. Each year in Manchester, there are some 750 deaths and 1,550 hospital admissions due to smoking.
- We have the second highest rate of early death from respiratory (breathing) diseases in England. More than 60% of these deaths are considered to be preventable.
- Manchester has the second highest rate of early death from respiratory (breathing) diseases in England. More than 60% of these deaths are considered to be preventable.
- Manchester is the worst city in the country in terms of premature mortality from cancer. There are currently around 10,000 people living with cancer in the city. Over the past 15 years, improvements in cancer survival rates in Manchester mean the number is expected to rise to 20,000 by 2030.
- Some 350 people under the age of 75 die from cardiovascular (heart) disease in Manchester each year.
- Some 350 people under the age of 75 die from cardiovascular (heart) disease in Manchester each year.
- In August 2015, there were 2,895 patients in Manchester diagnosed with dementia. The vast majority (95%) of these patients are aged 65 and over.
Where we are now: Services

Manchester currently has 91 GP practices, three major hospitals, a mental health trust, citywide social care services, a range of health improvement services, and many voluntary and community organisations, and we have much to be proud of.

We have:

- High-quality services
- Excellent health and social care staff
- A vibrant voluntary and community sector

However:

- Our services are not well enough connected and do not always share information to help treat people effectively
- We have a complex system that makes it difficult for people to know where to go for the most appropriate treatment
- Too many people end up in hospital when they could be treated at home, or close to home
- The current system is unaffordable in the future.
Where we are now:
Public opinion

Over the years, we have received lots of feedback, telling us what people who live here want.

To be treated as individuals
To be treated with dignity and respect
Access to emotional and practical support as well as treatment
To receive care and treatment in a co-ordinated and timely way
To be seen in an environment that is accessible and clean
To be able to access services when they need them
A choice about care
To feel safe and supported
To not feel lonely in their community
To know what services are available in their community and how to use them
To share their knowledge, skills, expertise and experience of living with medical conditions
With their carers when appropriate, to be involved in health and social care decisions
To be given enough information to make informed decisions about care options
The opportunity and time to ask questions
To know where to turn to with questions, queries or concerns about care

what people want.
### Where we are now: Finances

We currently spend approximately £1.3 billion on health and care services in Manchester. Some of our key spending areas in 2015/16 are:

<table>
<thead>
<tr>
<th>Service</th>
<th>2014/15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital Care</td>
<td>£374,400,000</td>
</tr>
<tr>
<td>Mental Health</td>
<td>£124,900,000</td>
</tr>
<tr>
<td>Prescribing</td>
<td>£91,000,000</td>
</tr>
</tbody>
</table>

### What we will do: Prevent people becoming ill and support them to live healthier lives

#### Addressing the causes of ill health
- **We know that certain things cause ill health.** People who smoke, drink too much alcohol, take drugs, or are overweight have a greater chance of getting a long-term condition and dying earlier than they should. We also know that broader issues such as unemployment and poor housing conditions can lead to ill health. We will:
  - Work in Manchester, and across Greater Manchester, to create employment opportunities and to connect local people to those jobs
  - Design a new Healthy Lifestyles service that will work within communities to support people to adopt healthier lifestyles
  - Provide a range of grants for community organisations that come up with good ideas to improve health and wellbeing in their communities
  - Improve the uptake of childhood immunisation and vaccination in the city
  - Work with business, housing organisations and leisure facilities to develop neighbourhoods that promote physical exercise.

#### Spotting illnesses earlier
- **The earlier illnesses are identified and treated, the better the outcome for the individual.** We will:
  - Invest in and promote screening programmes to identify cancer early
  - Make sure that GPs identify and treat all people on their practice lists who have dementia, diabetes, heart disease and breathing problems.

#### Providing support earlier
- Sometimes people do not receive the right support early enough and this means that their situation worsens. We will:
  - Identify all carers in the city and provide them with the support they need to carry out the invaluable work they do for their families and loved ones
  - Create three ‘Early Help’ hubs in the city, which will offer proactive support to people, and provide it in ways that meet their individual or family’s circumstances
  - Ensure people with mental health needs are seen quickly and receive the best treatment for their condition to stop it getting worse
  - Develop a range of activities for older people who are lonely or socially isolated.

#### Managing illness
- **People with long-term conditions or illnesses are often best placed to monitor and manage their own condition so that they can live lives to the full.** We will:
  - Improve the way health and care staff care for individuals by focusing on what people need to take control of their condition and be independent
  - Provide people with the knowledge, technology and equipment they require to live as well as they can with their condition
  - Support people with long-term conditions to find employment opportunities
  - Improve the information we provide for people with long-term conditions – ensuring that it is clear, consistent and relevant.

---

**The cost of paracetamol prescriptions in Manchester has risen by £120,000.**

<table>
<thead>
<tr>
<th>Year</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012/13</td>
<td>£712,000</td>
</tr>
<tr>
<td>2014/15</td>
<td>£832,000</td>
</tr>
</tbody>
</table>

---

**We will support carers to carry out the invaluable work they do for their families and loved ones.**

---

**If we carry on doing the same things in the same way and do not change anything, we predict that we will be spending £373 million more than we will have in funding by 2021. This is because more people are using health and social care services and the cost of treatment and medication is increasing.**

For example:
- There were 9,000 more A&E attendances in 2014/15 than there were in 2013/14.
Over the next five years we aim to make sure that many more people are cared for outside of hospital, closer to where they live, and receive services seven days a week. This will mean we increase the funding of GP services, community health and social care teams, and the voluntary sector. The money will be found by saving money on hospital-based services.

Transforming services
We are joining up hospital, community health, social care and GP services so that people’s care is managed by a single team containing a range of services and GP services so that people can see a GP seven days a week.

Transforming hospital care
Our hospitals are working closer together both within the city of Manchester and across Greater Manchester. This means that services, doctors and nurses will be shared across hospitals; and our hospitals will specialise in different areas to ensure the best services are available to everyone across the region.

Transforming learning disability care
We are improving our services for people with learning disabilities by making sure that there is better care, support and accommodation available locally.

Transforming housing
We are working with housing organisations to develop new accommodation to support people with care needs to live as independently as possible. This is called ‘Extra Care housing’ and we are aiming to create 1,000 homes of this type in Manchester.

Transforming commissioning
The organisations that plan and fund local services will work in a more co-ordinated way, pooling budgets and simplifying the contracting processes. This work has started already. On the next page are some examples of the progress that has been made.

Improving services and the way we work together.

Improving GP services
We are changing GP services to provide a wider range of services in local communities and to make sure people can see a GP seven days a week.

Transforming cancer care
We are improving the way cancer services work in the city, making sure that GPs and hospital staff provide the best co-ordinated care for patients through diagnosis, treatment and beyond. Cancer charity Macmillan is helping us with this through the Macmillan Cancer Improvement Partnership.

Across Manchester there are over 40,000 people who work in health and social care services in the city. On top of that we have an estimated 60,000 carers who work day and night looking after their loved ones. We recognise the need to support all those who work to support, treat and care for our residents, whether they are employed by our organisations or not.

We will:
• Work with carers’ organisations to make sure that carers receive the information, support and breaks (respite) they need
• Make sure our organisations are healthy places to work and support our staff to have healthy lifestyles
• Train and develop our staff to work in new ways that support our aims around joined-up care.

Modern, accessible buildings
Some of our buildings are modern, accessible and already house a range of health and social care services. However, a large number are not suitable to deliver the services we need for the future.

We will:
• Join up our records to ensure that health and care professionals understand a person’s circumstances and preferences, so people don’t need to tell their story many times to different staff
• Support individuals to view their health and care records online
• Provide equipment or adaptations that support people to live independently, and safely monitor and manage their conditions
• Look at how health ‘apps’ can be used now and in the future to provide ongoing help and support for local people.

Supporting staff and carers

We will:
• Build on the North Manchester General Hospital site to create a new 24-bed intermediate care facility (this is for people who are ready to be discharged from hospital, but are not well enough to go home) and a ‘neighbourhood centre’. This centre will include at least one GP practice, a pharmacy and social care services.

Using technology to keep people well
Advances in technology provide us with many opportunities to help people care for themselves and their families, and to improve the care we provide.

We will:
• Look at how health ‘apps’ can be used now and in the future to provide ongoing help and support for local people
• Provide equipment or adaptations that support people to live independently, and safely monitor and manage their conditions
• Build on the North Manchester General Hospital site to create a new 24-bed intermediate care facility (this is for people who are ready to be discharged from hospital, but are not well enough to go home) and a ‘neighbourhood centre’. This centre will include at least one GP practice, a pharmacy and social care services.

• Transform housing

• Transforming GP services

• Transforming cancer care

• Transforming learning disability care

• Transforming hospital care

• Transforming commissioning

A simple system connecting people to the care they need

Health and social care professionals like us work together with communities to design better services

Join-up records will make sure all professionals understand each person’s needs
What can you do to help?

We will work our hardest over the coming years to develop better services and we will make sure we invest in the right things, becoming more efficient and reducing waste or duplication in our systems. However, this won’t do the job alone. We are asking you to help us in a number of ways.

Volunteer

There are many community organisations in the city that are interested in improving the health of their local area. Many of these organisations are always on the lookout for volunteers to help them. To find out more, please contact the Volunteer Centre at: manchestercommunitycentral.org/volunteer-centre-manchester

Help beat loneliness

We think as many as one in five people over the age of 50 visits their GP for problems linked with loneliness, which can have major mental and physical effects. We need communities and individuals to rally together to keep older people included in society. For more details of how you can help visit: manchester.gov.uk/agefriendly

Get involved in our work

The people who use our services often see where things could be done better and more efficiently. There are many ways you can get involved, from joining planning groups and committees, to simply sending us your thoughts and experiences of local services. If you would like to find out more about how you can get involved, please see the final page of this booklet.

Check your medicines

It has also been estimated that £300 million a year is lost due to medicines being wasted. This can happen when somebody is no longer ill but still receives medication, or when different medication is required but they continue to receive their old supply because it may be a repeat prescription. If you’re not sure about your medication, ask your GP surgery to review it to make sure you are getting the right medicine for your illness.

Turn up to appointments

It has been estimated that over £1 billion pounds a year is wasted by the NHS due to people missing their appointments. This is money that could be used to invest in health services or pay for particular treatments.

If you can’t make an appointment, please let the service know as soon as possible so your appointment time can be used by somebody else.

Only use A&E for emergencies

A&E departments across Manchester are becoming very busy because of the number of people needing emergency care. However, there are still many people who attend A&E for conditions that could be just as effectively and more quickly treated by a GP or local pharmacist. For further information on where to go for different conditions and illnesses, please see: choosewellmanchester.org.uk

Live a healthy life

For information about health conditions and advice on how to live healthily, visit: nhs.uk

Looking after yourself

For advice and support on how to look after yourself and when to use NHS services, visit: choosewellmanchester.org.uk

Follow the five ways to wellbeing

Connect: Talk to the people around you – family, friends, colleagues and neighbours.

Be active: Go for a walk or run. Cycle, play a game, do gardening, dance or discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice: Try to be aware of what’s around you and notice the small things and how you are feeling.

Keep learning: Try something new, rediscover an old interest, or take on a different responsibility at work. Learning new things will make you more confident as well as being fun.

Give: Do something nice for a friend or a stranger. Volunteer or join a community group. Seeing yourself and your happiness linked to the wider community can be very rewarding.

Check your medicines

It has also been estimated that £300 million a year is lost due to medicines being wasted. This can happen when somebody is no longer ill but still receives medication, or when different medication is required but they continue to receive their old supply because it may be a repeat prescription. If you’re not sure about your medication, ask your GP surgery to review it to make sure you are getting the right medicine for your illness.

Turn up to appointments

It has been estimated that over £1 billion pounds a year is wasted by the NHS due to people missing their appointments. This is money that could be used to invest in health services or pay for particular treatments.

If you can’t make an appointment, please let the service know as soon as possible so your appointment time can be used by somebody else.
Where we will be in 2021:

**Working together for a healthier Manchester.**

More health and care in our community when we need it, but the biggest changes will come from things we can do for ourselves.
Can you speak up for health?

If you or someone you care for is a user of health services, you could represent your community on one of the city's Patient & Public Advisory Groups (PPAGs).

This group of patients and carers meets monthly, and provides guidance and advice on decision-making for Manchester’s Clinical Commissioning Groups (CCGs), which are responsible for planning and buying high-quality, safe health services for Manchester.

If you’re passionate about health and want to represent your community, you can find out more by calling 0161 765 4004, or email talkinghealthmanchester@nhs.net

You could also consider joining your local GP practice Patient Participation Group. Speak to the receptionist staff next time you visit your GP practice or look online at your GP practice website for details.

Have you been affected by cancer? You can volunteer for our Macmillan Cancer Improvement Programme. Interested? Call 0161 765 4004 or email talkinghealthmanchester@nhs.net

How to speak up for health?

If you or someone you care for is a user of health services, you could represent your community on one of the city's Patient & Public Advisory Groups (PPAGs).

This group of patients and carers meets monthly, and provides guidance and advice on decision-making for Manchester’s Clinical Commissioning Groups (CCGs), which are responsible for planning and buying high-quality, safe health services for Manchester.

If you’re passionate about health and want to represent your community, you can find out more by calling 0161 765 4004, or email talkinghealthmanchester@nhs.net

You could also consider joining your local GP practice Patient Participation Group. Speak to the receptionist staff next time you visit your GP practice or look online at your GP practice website for details.

Have you been affected by cancer? You can volunteer for our Macmillan Cancer Improvement Programme. Interested? Call 0161 765 4004 or email talkinghealthmanchester@nhs.net

How to find out more

If you want to receive a copy of the full Locality Plan or regular updates on our progress, please sign up for our Talking Health Bulletin by emailing us at talkinghealthmanchester@nhs.net

You can also follow Manchester's CCGs and Manchester City Council on Twitter for regular health and social news from across the city:
@manchesterccgs
@mancitycouncil

If you would like to order this document in an alternative format, including large print, Braille, easy read or another language, call 0161 765 4004, or email talkinghealthmanchester@nhs.net

How to tell us what you think

If you have any comments or questions, or any ideas of anything else we should be doing, please let us know by:

Emailing us at:
talkinghealthmanchester@nhs.net

Writing to us at:
FREEPOST RTGX – CSJT – CTKT
Manchester CCGs
Parkway 3
Parkway 3 Business Centre
M14 7LU