Our healthier Manchester

How we can all help to create a healthier city
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Introduction

No-one wants to experience ill health, whether personally or through friends or loved ones.

So we make it a big priority in Manchester to support people to be fit, happy and able to reach their full potential. However, that’s not easy because Manchester’s health is significantly worse than the UK average, for many historical and social reasons. The gap between early deaths here and in the rest of the country is not getting smaller.

Compared to national averages Manchester has:

- More deaths from smoking – 821 a year
- More alcohol-related hospital stays – 3,138 a year
- More obesity – a quarter of year-6 children
- Lower life expectancy
- Fewer years lived in good health.

Tackling these issues and inequalities is a priority. That’s why health and care organisations agreed a plan in 2016 to work together with local people and voluntary organisations to change services for the better. We called that local plan ‘Our Healthier Manchester’.

It’s based on the principles we really value in this city: putting people first, listening to what matters most to them, and supporting them to live better lives. These ‘Our Manchester’ values – like this health plan – build on all the strengths that already exist in our communities and work with people to create the city we all want for the future.

The plan is also about joining services up better – our hospitals, GPs, mental health, social and community services – to improve people’s health, wellbeing and chances of a better life.
In the two years since the plan started we’ve been changing things to help it work:

1. We’ve changed how we plan, prioritise and buy health services. It’s now done through a partnership with a more consistent approach and a broader outlook than before, affecting health services, social care and public health for the better. It’s called Manchester Health and Care Commissioning, and we started it in April 2017.

2. Our hospitals have merged into one new organisation that’s improving services and sharing expertise, info and resources across the city. It’s called Manchester University NHS Foundation Trust, and we started it in October 2017. It brings together all hospitals previously part of Central Manchester University Hospitals NHS Foundation Trust and University Hospital of South Manchester NHS Foundation Trust. North Manchester General Hospital will also be part of this new trust.

3. There’s now more care closer to people’s homes – out of hospitals – helping people to stay independent and well. This work is driven by the new Manchester Local Care Organisation, which we started in April 2018.

4. Our mental health services have gained strength by joining together into a single organisation in 2017, which has helped to avoid fragmentation and has made the system better for patients. It’s called Greater Manchester Mental Health NHS Foundation Trust, following the merger of Manchester Mental Health and Social Care Trust and Greater Manchester West Mental Health NHS Foundation Trust.

The changes to our structures are only part of what’s needed; the key to a healthier Manchester and to reducing health inequalities is people – like you. We must all change the way we think and act about our own health, the health of those we love and care for, the health of our wider neighbourhood, and of the communities that make up our city.

Of course, we’ll always provide the care and support outlined in this document. However, with your new ideas added and with the people of Manchester behind it, this plan can be the boost needed to give all Manchester people the healthier life that will help them and our whole city to thrive.
The health plan
Our part

Frontline health and care staff – such as midwives and social workers – will:

- Identify new mums struggling to cope and provide support such as helping them to join mums’ groups
- Support pregnant women who smoke to understand the dangers and help them quit
- Encourage pregnant women to have the flu jab and to make sure their babies get their immunisations
- Support new mums to breastfeed and help families to provide healthy food throughout childhood.

What we can all do

- Look after yourself during pregnancy and after your baby is born. Keep active and eat well – search ‘start4life’ for tips and advice.
- Get support to help your baby to breastfeed successfully – search ‘breastfeeding’ at [nhs.uk](http://nhs.uk)
- Use support to help stop smoking.
- Have fun with your children and grandchildren. Playing games, running and throwing all help to build self-confidence and a healthy body.
- Make sure your child is emotionally and socially ready to start school – ask your health visitor for advice about school-readiness, or contact the school your child will be going to.
Healthier Manchester in action: Baby Charley

Teams of health visitors and outreach workers are supporting parents whose children are not making the progress they should.

Charley (name changed), an 11-month-old with few toys and little space to play, was upset by mum’s anxieties and as a result was not developing well. Her older sibling was also affected.

The team encouraged mum and baby to go to baby-play sessions; the family was helped to move from a small, dark and damp flat to a more suitable house, and mum was treated for postnatal depression.

Addressing all the issues has meant Charley is now developing well, mum is happier, and the older child is now ready to learn at school.

Healthier Manchester in action: breastfeeding

We encourage cafes and other public places to display the Breastfeeding Friendly Manchester sticker. Breast milk protects babies from infection and improves their mental and physical development. The health benefits last a lifetime, but the UK has one of the lowest breastfeeding rates in the world.

“As a mum I know that feeding your baby in comfortable, welcoming surroundings is so important.”

Coronation Street actress and Manchester cafe-owner Jennie McAlpine
We want people to have skills, confidence and opportunities

Our part

Places that help people find work – such as Jobcentre Plus and the 60 work clubs in Manchester – now work together with NHS services to support people who have physical or mental health difficulties.

We encourage employers to be flexible and support people with health conditions so they can get back to work. We lead the way as public services in how we recruit and manage staff. We are using volunteering, training, apprenticeships, work experience and targeted placements to help people into jobs – providing them with the skills, confidence and opportunities they need.

We’re also part of a Greater Manchester scheme called Working Well, which assigns a key worker to help someone who may be facing a range of problems on top of health issues by co-ordinating a range of public sector services to help.
Healthier Manchester in action: getting back to work

Manchester GPs can now refer patients to this service, which provides the help needed to overcome ill health and get back into work.

The Fit for Work support team works with you to identify job opportunities that suit your condition, skills, qualifications and experience. They'll also coach you on the skills you need to agree your role and responsibilities with managers so you can do a good job and flourish, without feeling overwhelmed or stressed.

Healthier Manchester in action: a load off your mind

A direct phone line from the GP surgery to the local Citizens Advice centre helps people to deal with problems that are making them ill. GP Dr Umar Tahir says:

“All too often, anxiety-related conditions are caused or made worse because people need practical help with benefits or other worries. I tell them there’s a phone line that connects to Citizens Advice. You’ll get straight through and they’ll help immediately.”

What we can all do

Talk about it if you’re having mental health problems or struggling to cope. You can get help from people who understand – ask at your Jobcentre.

You have a local work club, so if you’re out of a job, visit the club for advice and support. You could also get involved in a local group as a volunteer to build your confidence and skills.
The communities and environment we grow up in and live in have a far greater impact on our health than the NHS and care services.

Living in poverty, not being able to pay to keep warm or eat well, not being able to get to green spaces, having to breathe polluted air, being isolated or lonely, and not having a permanent home, all make people’s health worse.

Living in care as a young person, having to provide care for a relative, and being from a new migrant community, are also linked to having worse health than expected.

Around one in three children is classed as living in poverty in Manchester, against one in five in England.

These factors help to explain why men in the most deprived parts of Manchester die on average eight years earlier than men in the most prosperous areas. For women the gap is seven years.

Our part

- We will tackle the things that lead to people becoming marginalised, vulnerable and at risk of homelessness, abuse, drug misuse and poor health.

- GPs, mental health and substance misuse services will work together – helping people to identify and focus on the positive aspects of their lives.

- We will work more with voluntary and local organisations in communities – such as schools, housing associations and employers – to support local people to make friends, look after each other and provide services.

- We will support initiatives to improve air quality and help to ensure that vulnerable people live in a safe, warm and healthy environment.
Healthier Manchester in action: canine care

Pets are helping people with serious mental health conditions to overcome their difficulties and get better. Spending time with dogs, guinea pigs, rabbits and mice helps in-patients at North Manchester General Hospital who are living with schizophrenia and bipolar disease.

Learning about animal diet, nutrition and care also helps patients who are suffering a mental health crisis and may struggle to engage with traditional therapies.

Healthier Manchester in action: help for homeless people

Homeless people are getting early treatment and support from the Urban Village GP practice in central Manchester, avoiding the danger of symptoms worsening and an accident and emergency admission to hospital.

Many people think that you need a permanent address to register with a GP, but this is not the case. This GP practice allows patients to use a friend’s address or a day centre to register and receive services. Patients receive support from a team of nurses and doctors from both the practice and Manchester Royal Infirmary, as well as case workers and housing officers.

Together they support the patient to get treatment and deal with underlying issues such as addiction or social problems.

Dr Gerry O'Shea says:

“It’s vital that homeless people know that they can and should register with a doctor. If a health problem is detected early, we can deal with it before it develops into something much more serious.”

“Our animals help to encourage and give confidence to people who feel unable to express their feelings. When people can enjoy animals it can be that small ray of light that gives hope for enjoying other things in life too.”

Sharon Hall (below), of charity Noah’s ART.
Healthier Manchester in action: sing your heart out

Weekly practice sessions with Manchester’s mental health choir – Bee Vocal – are helping some of the one-in-four people affected by mental health issues.

Singing is known to improve mental health by releasing the body’s ‘happy chemicals’ (endorphins) and oxytocin – the love hormone. Elaine Craig, a psychologist who supports the choir, reports “really quite astounding” results as she tracks singers’ symptoms of anxiety, depression and wellbeing.

“We have seen people who have been locked in isolation in their own homes for years actually feeling compelled to come to the choir and then starting things like applying for interviews and applying for jobs.”

The Bee Vocal choir sang at the commemorations (above) to pay tribute to those affected by the Manchester Arena attack. One said:

“I felt my life had gone and I was feeling so low, until I joined the choir. Now it has all changed and I can now cope much better when I feel anxiety and depression starting to happen. After the practice I feel accepted and needed.”
What we can all do

Take advice, join a support group and ask your GP for help if you or someone close to you have problems.

If you’re a carer, take the time to look after yourself. Training courses are available and you can get support from carer charities in Manchester.

Get together with your neighbours, your community and local councillors to make best use of local green space and facilities that will keep you healthy.
Making Manchester age-friendly

Manchester is a relatively young city – only 22% of us are over 50, compared to the 36% England average. However, the number of people aged 50 to 64 is predicted to rise by 35% over the next decade.

The health of older people in Manchester is often worse than the England average. Predicted life expectancy ‘in good health’ is just 54 for men and women, compared to the national average of 63 for men and 64 for women.

Problems faced by older people include housing that’s no longer suitable for them, lack of good quality work, loneliness and prejudice.

Our part

• We will provide services in a way that is more suitable for older people, and we’ll change how we work together so that more older people have the services to keep them well, detect illness early, prevent falls, and support those with dementia.

• We’ll encourage employers to recruit and retain older people, valuing their contribution and adapting to meet their needs.

• We’ll make sure there’s no discrimination or bias in the way we speak or write about older people or in the way we offer services.
Healthier Manchester in action: rewarding friendship

By making friends with older people, Guides, Brownies and Rainbows are earning a new Girl Guide Manchester badge. Older people are sharing their skills, including sewing, knitting and gardening, while the Brownies have been completing challenges that include storytelling around a special indoor camp fire and taking part in craft sessions.

More than a thousand new friendships have been made in less than a year as Brownies and Guides earn their badge. Other Girl Guide groups in Greater Manchester and across Britain have taken up the idea.

“We have the time to spend with children and we can give them a different view on life.”

Former Brownie and grandmother-of-16 Veronica Armstrong (pictured) helped to develop the badge.
Healthier Manchester in action: the difference a day out makes

Volunteer group North City Nomads has run day trips for older people for the past three years, and now has a membership of 800.

Trips were organised after older people said they missed having fun days out because they had no-one to go with or lacked the confidence to organise an outing. Coach trips to cultural attractions, the seaside, or Christmas markets help to combat loneliness and isolation.

The group is a great way for public services to communicate with older people – for example, giving health advice on the flu vaccination. It also gives many local people the opportunity to volunteer – developing their skills and providing something satisfying and socially useful to do. It’s great fun too.

What we can all do

Keep your mind and body active, whatever your age. Manchester’s green spaces, waterways and leisure venues are there for you, and joining a group isn’t just good for you, as you’ll also be contributing to your community in some way. Regular walking and exercise have been proved to keep you healthier and happier, even – as you get older – helping to prevent falls.

If your workplace is suitable, join Age-Friendly Manchester initiatives such as the ‘Take a Seat’ campaign, which encourages businesses to provide seats, access to a toilet, and a drink of water for older people.

Everyone should be aware of, and value, the positive contribution older people bring to a workplace.
The biggest killers in Manchester are cancer, lung disease and circulatory diseases, such as heart attacks and strokes.

We have a much worse record for premature deaths – 330 people per 100,000 die from preventable diseases, compared to the 182 average for England.

Early death from these diseases can be prevented through three big lifestyle changes – stopping smoking, eating healthily, and being more active. Spotting diseases such as cancer early also greatly increases the likelihood of successful treatment.

Our part

- We will work with local communities and sport and leisure venues to encourage physical activity. We will also get better at identifying the risks linked to heart disease and stroke.
- We will offer services such as NHS health checks and cancer screening in places where people naturally get together.
- We will work towards a smoke-free Manchester, protecting people from second-hand smoke, preventing young people from starting, tackling illegal tobacco, and supporting stop-smoking services.
- We will prevent suicides by training people to spot the warning signs and by helping them to develop the skills to talk to someone with suicidal thoughts.
- We will help to identify and support people who have had traumatic experiences in childhood to help tackle the issues this can cause.
Healthier Manchester in action: check out check-up

Offering smokers scans in supermarket car parks helped quadruple early diagnosis of lung cancer and gives patients a far greater chance of recovery than if the disease had been detected later. The pilot, funded by Macmillan Cancer Support in partnership with 14 GP practices, identified 80 per cent of lung cancers at more curable early stages, as opposed to the usual 20 per cent.

The programme has been expanded to cover all north Manchester, which has England’s highest rate of lung-cancer deaths for those under 75 years old.

Sixty-eight-year-old Mavis George (below), from Abbey Hey, north Manchester, had a scan in a Tesco car park in Gorton. It picked up early-stage cancer on her lung. She said:

“The service was a blessing to me – I then had an operation at Wythenshawe hospital and I was free of cancer after that. The mobile unit was easy to get to – and much easier than having to go to lots of hospital appointments.”
Healthier Manchester in action: tackling loneliness

Later-life sportsmen train with Manchester City coaches and play at the iconic Etihad Stadium in an initiative to keep active in older age.

“The team camaraderie also helps to tackle loneliness,” says player Trefor Phillips, aged 69, who has had a hip-and-knee replacement:

“I’m so much fitter now and I’m able to do things I couldn’t even do twenty years ago. Some of the lads have lost their wives and they are the ones who could have found it difficult to make friends again; but we have a really solid friendship between us and lots of banter.”
What we can all do

- Eat well – small diet changes can have big benefits. Search ‘eat well’ on nhs.uk to learn how.
- Move more – active people live longer and are ill less often.
- Drink less – search ‘tips on cutting down’ on nhs.uk for practical advice.
- Be smoke-free – stopping smoking is the best thing you can do for your own health and the health of those around you.
- Don’t ignore the cancer warning signs; if you easily get out of breath, or have changes to a skin mole – tell your doctor.
The Local Care Organisation focuses on four areas:

1. Promoting healthy living – helping people to stay well through prevention, supporting them to lead healthier lives, and tackling health issues before they escalate.

2. Building vibrant communities based on strong neighbourhood partnerships and through 12 integrated neighbourhood-based teams, joining up services where people live to make care simpler and more effective for them.

3. Keeping people well in the community – helping people who have existing health needs and complex health issues to stay as well as possible in their homes.

4. Supporting people in and out of hospital – ensuring community-based care helps people to avoid unnecessary hospital admissions, and discharges them from hospital care quickly and safely as soon as they are ready.

Crucially, more than services, this is a way of working that puts people first by focusing on what matters to them to support their good health. It helps them to stay connected as part of their community, and to manage their health conditions, preventing ill health.

Manchester Local Care Organisation is a partnership made up of NHS organisations, including GP practices, and Manchester City Council.
Healthier Manchester in action: making an impact

New teams of NHS healthcare staff and Council social workers are pioneering an innovative way of helping people who have the most complex health and care needs.

The pilot High Impact Primary Care teams include a GP, nurse, pharmacist, social worker and health coach.

Emma Gilbey, programme manager, said:

“The team supports people to manage their health in a different way. They will have other issues than their health – maybe debt, housing problems, family difficulties. The existing primary and community services don’t work for them. They are heavy users of hospital services, turning up at A&E for example.

“We give them time and flexibility. We identify what is important to them and what will make the difference.”

Healthier Manchester in action: joint team helps keep people at home

People who are at a crisis point and at risk of going into hospital via A&E are being helped to stay at home through the support of a team of health and care professionals.

Some 150 NHS and social care staff have worked together as one team in north Manchester since 2015. They assess the needs of vulnerable patients and meet their needs in a community setting, such as their own home or a residential centre with care on site.

The Community Assessment and Support Service also helps to provide rehabilitation for patients who are well enough to leave hospital but cannot yet go home.

The service allows assessment of people’s needs within 24 hours, or sooner. It has led to fewer people being admitted to hospital or a residential care home.
Healthier Manchester in action: pharmacist help is a real tonic

Pharmacist Maneet Kapoor has introduced a community talking point for people to chat, relax and read leaflets about what’s going on in the area as they wait for consultations or prescriptions.

He has created a mini-library of information about support and friendship groups, social activities, and health and wellbeing advice, and he even provides fresh herbs from planters for patients to take as they wish.

Maneet extended his pharmacy in Chorlton and provided the additional facilities in order to help combat mental health problems and loneliness.

“As pharmacists, we don’t want to just give people a pill; more often than not there is a whole range of things we can do to help, which includes the social element of care.

“Loneliness is so debilitating. When people come in here they often welcome being able to talk to someone, as well as having the reassurance that their medical needs are being met.”

Healthier Manchester in action: a home from home

People who are fit to leave hospital but not yet ready to return home are being offered a temporary stay in the stylish ‘extra care’ apartments at Village 135 in Wythenshawe.

Reablement officers work with the residents to get them back up to speed with everyday tasks such as getting dressed and preparing meals, while care workers are on site to help with any needs.

This means patients can be discharged from hospital sooner and they are better able to manage once they get home.

One eighty-nine-year-old, who used the service and now lives there, said:

“After I fell and hit my head and face on a cabinet, I was in hospital for some time. I was worried I couldn’t manage when I went home, but the staff are very kind and help me. This is where I live. It makes me feel safe.”
Reablement staff help people to get back on their feet after illness.
Our plans for hospital care

In October 2017, Central Manchester University Hospitals NHS Foundation Trust and University Hospital of South Manchester NHS Foundation Trust came together to create a new hospital trust: Manchester University NHS Foundation Trust.

Our hospitals are continuing to provide the high quality expert care they already do, but are working closer together as part of the same organisation.

By doing this, we can ensure that we have:

- Consistently high standards of services at all hospitals across Manchester
- Stronger medical and nursing teams sharing specialised skills throughout the day and night
- Better continuity of care wherever patients are treated
- Joined-up patient records and IT systems
- More opportunities to attract and keep the best staff
- Increased opportunities to attract research funding.
Healthier Manchester in action: benefits from the single hospital trust

1. Treatment for kidney stones is now available at various hospitals, and additional emergency gynaecological surgery is provided at Wythenshawe Hospital.

2. Doctors, nurses and other health professionals can now attend education and training sessions across hospital sites, making it easier to work around their patient-care schedules.

3. Overcrowding in urgent care has been reduced by identifying patients who can have same-day treatment and return home.

4. A phone app for all hospitals that helps doctors manage their rotas more easily, meaning better shift coverage.

5. Access to books and research across sites – improving learning and development.

6. Teams working together more effectively during the winter flu, including more staff immunised.

7. A counselling and support service has been made available to all 20,000 staff, 24 hours a day.

Healthier Manchester in Action: cutting delays for surgery

Women across Manchester can have surgery sooner because of the merger of hospital trusts.

Previously, those who needed surgery after a miscarriage or for an urgent gynaecological condition had to wait on some days, and sometimes their operations were postponed.

This was because there were not enough women to justify dedicated ‘lists’ for this surgery at both Wythenshawe Hospital and St Mary’s Hospital. Delay can lead to complications and a longer recovery time.

Now staff (pictured on the left) from the two hospitals have created an extra joint ‘list’ and offered the option of attending either hospital.

Theo Manias, consultant obstetrician and gynaecologist, said:

“By introducing this dedicated list, we have been able to offer greater choice for patients and reduce the chance of surgery being postponed.”
North Manchester General Hospital

North Manchester General Hospital, currently run by The Pennine Acute Hospitals NHS Trust, has a vital role to play in the city. It will continue to provide a range of hospital services, including emergency, maternity and paediatric care for the residents of north Manchester, Rochdale, Oldham, Bury, Salford and beyond.

We are planning for North Manchester General Hospital to become an integral part of Manchester University NHS Foundation Trust within the next two years. This will extend the benefits of the new trust across the whole of Manchester and enable us to build on the existing expertise at North Manchester across a wide range of clinical specialities.

Our vision for North Manchester General Hospital is that it will be:

- a vibrant hospital providing high quality and effective services with excellent patient experience
- a well-connected hospital, integrated with on-site mental health services, services in the community, and local people and communities
- a hospital that generates jobs and growth in the local economy
- a hospital with 21st-century buildings, equipment and IT
- a sustainable hospital, both clinically and financially.

With its strong links to the local community, we strongly believe the hospital site provides us with an opportunity to invest in new facilities and services that can play a role in improving the health and wellbeing of the local population.

Therefore, we are looking at how we can better join up hospital facilities with a wider range of services to best meet the needs of local residents in one place.

In late 2017, we held a number of conversations with north Manchester residents, councillors and community organisations to better understand their priorities as we develop this work.

These views have directly influenced our plans and we will continue to engage with local people over the coming months and years.
Healthier Manchester in action: creating high quality job opportunities

We know that secure, good quality employment has a significant and positive impact on people’s health, and we want to make sure that we play our part in opening up job opportunities to local people.

We are also in early discussions with universities and colleges in the city about how we can develop a multiprofessional Educational, Training and Skills Centre of Excellence on the North Manchester General site.

This would provide high quality training and research opportunities for undergraduate and postgraduate clinical professionals, while developing career opportunities for local residents within the health and social care system.

Healthier Manchester in action: joint recruitment campaign

North Manchester General Hospital and Manchester University Foundation Trust have already been working together successfully on a joint campaign to address staff recruitment challenges at North Manchester.

Eleven consultants were jointly recruited in Obstetrics and Gynaecology, based across St Mary’s Hospital, Wythenshawe Hospital and North Manchester General Hospital. This approach will continue across other specialities in the interest of improving services for patients.

Healthier Manchester in action: a care facility between hospital and home

Crumpsall Vale is a new £5million purpose-built facility that provides patients – particularly older people – with care and support to build their independence before they return home after a hospital stay.

The unit has 24 bedrooms (example above), all with en suite facilities, and has medical and nursing staff to support people who have ongoing medical needs during their rehabilitation.

People who are medically fit to leave hospital but not yet able to return home receive the specialist support they need from health and social care staff.

This means that hospital beds can be freed up, helping to make space for new admissions.
The future: a brilliant example in Gorton

One of Manchester’s most deprived neighbourhoods is to get a new kind of public-service centre designed to support local people to get well and stay healthy.

The multiservice ‘hub’ will house a large GP practice, a joint health and social care team, a Jobcentre Plus, the local One Manchester housing association office, and a new library.

All these public services will be together under one roof, making it easier for local people to get advice and support to overcome illness and remain in good health.

Gorton has been identified as having too few GPs for the size and needs of the local population. Rates of poor health are among the worst in Manchester. The buildings that house local health services are also often inadequate and in poor condition.

As well as health and care services, the hub will help to ensure that people’s housing needs are met. It will also provide a modern library and the advice and support needed to find good quality work.

Alongside these services, residents will enjoy other new local developments that contribute to wider health and wellbeing, including new homes, an improved park, and ways to keep young people engaged and active.

So that’s what’s happening in Gorton, and similar ways of working that connect our health to other things that affect how we feel and thrive are also underway – even as you read this – across the whole of Manchester.
Priorities for action:
- First 1,000 days
- Work and health
- Community and your local area
- Making Manchester age-friendly
- Preventable early deaths

Hospital services:
- Accident & emergency
- Planned surgery
- Specialist care
- Teaching and clinical research
- Ambulance services
Community services:
- GPs
- Community nurses
- Therapists
- Social workers
- Mental health workers

Community support:
- Voluntary groups
- Community organisations
- Information and advice
- Social and cultural activity
- Doing something for others
- Work
- Good local transport
- Being active
How to get involved

Throughout Manchester, there are many opportunities available to get involved in our work. You can use and share your experiences to influence and improve health and care services across the city.

- You can volunteer and join the Patient and Public Advisory Group, which meets monthly, and use their experiences to shape the planning, design and monitoring of health and care services.
- You can become an Expert Panel member and share your experiences and knowledge of a specific health and care area, such as cancer, diabetes, mental health, homecare or community services.
- If you work in the voluntary and community sector, you can become a Community Explorer and share your knowledge, skills and connections of assets in the community to raise awareness of experiences and issues that affect local people.
- You can keep a diary for us to record your experiences of living with a long-term health condition and/or caring for someone using NHS and care services.
- You can sign up to the Our Healthier Manchester e-bulletin for news, events and surveys via the website healthiermanchester.org
- You can email talkinghealthmanchester@nhs.net or telephone 0161 765 4004 for further information. You can also visit healthiermanchester.org/get-involved For more information on the voluntary sector in Manchester, or opportunities to volunteer, visit manchestercommunitycentral.org