

NHS

South West

Better Health for the South West



Easy read guide

ourNHS
our future

Better Health for the South West



This booklet is from the South West Strategic Health Authority. We are a part of the NHS.

We work out how to spend money on health services for 5 million people living in the South West.

We make sure health services are run well. And we plan care for the future.

We made a new plan to make health services better in the next few years.

The plan is hard to understand, so we made this easy read guide to tell you the most important things.



125,000

There are 125,000 people with a learning disability in the South West.

Many of them do not get as good health care as everyone else. Many people are less healthy because of it.

Some people are treated unfairly, left out or ignored.

We want people with a learning disability to get the same quality health care as everyone else,

This guide tells you more about this, and our other plans for health.

You can tell us what you think on the pink form.

Your Partnership Board will make sure everyone gets to join in.

We will listen to what you say.





The South West is the healthiest place to live in England. Most people are happy with health services.

Now we are ready to make health services even better.



We have been listening to local people, patients, carers and health staff over the last year. They told us lots of ideas.



There has been a big NHS Review for England. You might have heard about this in the news. The Health Minister, Lord Darzi talked about it as part of the NHS 60th birthday.



We want health care in the South West to be as good as the very best in Europe.



Sir Michael Pitt
Chair
NHS South West



Sir Ian Carruthers OBE
Chief Executive
NHS South West

Our Plan



There are 10 main parts to our plan. The next few pages tell you the main things in each part.

	Staying healthy	▶
	Mothers and newborn care	▶
	Children and young people	▶
	Long term health care	▶
	Learning disability	▶
	Mental health	▶
	Planned care	▶
	Emergency care	▶
	End of life care	▶
	Fit for the future	▶

Staying healthy



We want everyone in the South West to enjoy good health and live a long life.

People in some parts of the South West live longer than people in other parts.

We will help people in the worst areas live longer.

We will help more people stop smoking.

We will work to stop accidents and injuries caused by drinking. Too many people end up in hospital this way.

We will try to stop so many girls under 18 getting pregnant.

We will help more women get regular checks for cancer.



What do you think about this? Tell us on the pink form.



Mothers and newborns



We want pregnant women to have more choice about the care they get.

Women will get to choose where they have their baby - at home, hospital or a birthing or midwife unit.



We would like to see more babies born away from hospitals.



We would also like to see less babies delivered by caesarean section.



We want to help more women to think about breastfeeding their babies.



What do you think about this? Tell us on the pink form.



Children & young people



More and more children are unhealthily overweight. We will help children eat better and exercise more.



We want lots more children to have the MMR injection, so they don't get ill from measles, mumps or rubella.



We will have better mental health services for children and young people, in the community instead of hospitals.



We will have better emergency care for children to make sure they don't stay in hospital unless they need to.



Children needing long term care will get a supporter to help plan their different care needs over time.



What do you think about this?
Tell us on the pink form.



Long term care



Some people need care for a long time. We will make sure they have a plan to help look after their own health. We will set up places where they can support each other and get advice.



They will be able to see all the different health staff in one place.



We will help more people be in their own homes and keep more hospital beds free.



More people will have tests for diabetes.



More people will get special care after a heart attack or heart surgery.



We will help more elderly people keep safe from falls and ending up in hospital.



Carers will get their own assessment.



What do you think about this?
Tell us on the pink form.

Learning disability



Every person with a learning disability will get more choice and control of their care.

Everyone will get their own care plan about their support.



People with a learning disability will get a health check every year.

They will get to use all the same health services that everyone else uses.



We will make sure all health staff get training about supporting people with a learning disability in a good way.



People who live in NHS care at the moment will get to choose where they want to live.



People with a learning disability will get the same tests for cancer as everyone else.



What do you think about this?
Tell us on the pink form.

Mental health



Services will get quicker at helping people who need an assessment for mental health.



They will support carers more.



Every person with depression or anxiety will be able to get specialist help.



People will be able to get help with eating disorders in their community.



People with dementia will get a care plan sorted out much quicker.



People with long term mental health problems will get help from their GP.



We will make sure mental health services work in the best ways and listen to you when planning care.



What do you think about this? Tell us on the pink form.



Planned care



These are the things we want to do to help people plan their care. Things like appointments, check ups and tests.

We will make sure more people can book appointments with their GP.



Everyone will be able to see a GP in the evenings or weekends.



People with cancer will get their test results much quicker.

People will be able to book tests and treatments at a time that suits them.



Less people will need to come back to hospital for their follow up treatment.

More people will get to use NHS dentists.



What do you think about this? Tell us on the pink form.



Emergency care



We want health care for people in an emergency to get better.

More people will get health care locally instead of being treated in casualty.



We are aiming for people in casualty to be treated within 2 hours.



People with broken bones will get treated much quicker, and leave hospital quicker.



People who have had a stroke will get quick treatment and better support.



People who need heart surgery will have an operation within 5 days.



What do you think about this? Tell us on the pink form.



End of life care



We will make sure health services know about any plans people have for when they die - like if they would rather be at home if possible.



People at the end of their life will find it easy to get the nursing care, medicine and equipment they need.



There will be better health care in nursing homes so people won't have to go to hospital so much.



Carers will get much better support.



What do you think about this? Tell us on the pink form.



Fit for the future



Health services need to keep up to date.

We will look after NHS staff, so they look after patients well and safely.



We will make it easier for people to get any tests they need quickly.



Computers will be used more to speed things up. All care staff working with you will be able to see your health information.



We will keep working to stop hospital infections like MRSA.



We will make sure we don't waste money.



We will cut down on energy used by health services to help save the planet.



What do you think about this? Tell us on the pink form.

Tell us what you think



That's the main points in our plan. We'd like to know what you think about them before we agree it.

Please fill in the pink form inside this booklet and send it back to us. You don't need to use a stamp.



We need to hear your comments by 31 August 2008. The finished report will be ready on 20 November 2008.



Freepost RRXG-UTLC-REUB
NHS South West
South West House
Blackbrook Park Avenue
Taunton TA1 2PX



For more ideas on how you can tell us what you think, turn the page...

More ways to tell us



We understand that filling in forms is hard for some people. Here are some other things you could try:



Instead of writing, draw a picture on the form that shows how you feel about something.



You could ask a friend to write your ideas down for you.



Meeting with a group? Why not fill in the form together.



Partnership Boards in the South West will be talking about the things in this booklet. You could tell them your ideas.



If you have a video camera, you could film your group talking about the things in this guide and send us the tape.



If you are good with computers and typing, you could send us an email.

yourviews@southwest.nhs.uk



or fill out a form on the internet

www.southwest.nhs.uk



If you would rather speak to someone on the phone, call us on.

01823 361 265



We hope you found this guide useful, and we look forward to hearing from you.



This easy read guide tells people about our new plan for health services, using easy words and pictures.

There is a pink form inside to tell us what you think.



You can fill in the form on your own or in a group. You could ask a friend, supporter or your local People First group to help you.



This is an easy read version of 'Improving Health : Ambitions For The South West'