

Deal for Health & Wellness

taking charge • taking responsibility



5 Boroughs Partnership **NHS**
NHS Foundation Trust

Bridgewater Community Healthcare **NHS**
NHS Foundation Trust

healthwatch
Wigan

Wrightington, Wigan and Leigh **NHS**
NHS Foundation Trust

NHS
Wigan Borough
Clinical Commissioning Group

Foreword

Thank you for taking the time to read this booklet. We hope it gives you an insight into how Wigan Borough's health and social care organisations will work harder together and with you to improve your health and promote wellness.

In Wigan Borough we believe that everyone has the right to live a long and healthy life and by 2020 we want to turn that belief into a reality.

Last year the government announced its intention to give the people of Greater Manchester the power to make its own decisions, based on the best interests of its 2.8 million residents. In Wigan Borough, this gives us the opportunity to change the way we deliver services including health and social care and allowing us to focus our resources on those issues which prevent people in Wigan Borough from living a long and healthy life.

We know issues such as debt, poor housing and social isolation can have a negative impact on a person's health and wellbeing so we'll work hard to provide training and job opportunities, good quality housing and keep people connected to their local community. We'll also ensure that our high quality health services are accessible and sustainable.

But we can't achieve this alone. We need you to take control and take responsibility for your own health and wellness. Please show your support by signing up to the Deal for Health and Wellness and help us to become a healthier borough.

Thank you

Councillor Keith Cunliffe, Chair of the Health and Wellbeing board

Dr Tim Dalton, Chair of NHS Wigan Borough Clinical Commissioning Group

Lord Peter Smith, Chair of the Greater Manchester Health Partnership

Colin Scales, Chief Executive Officer of Bridgewater Community Healthcare

Andrew Foster, Chief Executive Officer of Wrightington, Wigan and Leigh NHS Foundation Trust

Simon Barber, Chief Executive Officer of 5 Boroughs Partnership NHS Foundation Trust

Sir Ian McCartney, Chair of Healthwatch Wigan

How will we achieve this?

The long term health and wellbeing of residents will only be secured if organisations and individuals work together to take charge of the health needs of Greater Manchester. Organisations will help residents lead healthier lifestyles, but residents will need to take charge of, and responsibility, for their own health and wellbeing.



Our Part

- Ensure there are a wide range of facilities within local communities including parks, open spaces, leisure, safe cycling routes, good quality housing.
- Ensure easy, timely access to good quality GP services, seven days a week, to screen, diagnose and treat and prevent disease as early as possible.
- Support families to ensure their children have the best start in life.
- Support people to live well, helping those who are unemployed into work or training and helping them benefit from the fastest growing economy in the UK.
- Assist people to age well by keeping them healthy and connected to their communities for as long as possible in their own home.

Your Part

- Keep active at whatever stage of life.
- Register with a GP and go for regular check-ups – taking charge of your own health and wellbeing.
- Quit smoking. Drink and eat sensibly and encourage your children to do the same.
- Take time to be supportive parents or guardians, encouraging children to be the best they can be.
- Take advantage of training and job opportunities, setting high aspirations for yourself and your family.
- Support older relatives, friends and neighbours to be independent for as long as possible.
- Get involved in your local communities.



To help you on your way to a healthier lifestyle, we're giving you the chance to win a Fitness Tracker. These wristbands help you monitor your exercise, calorie intake and even your sleep. To be in with a chance of winning one of ten Jawbone UP2 Fitness Trackers, simply tell us how you're going to take charge of your health...



I will take charge of my health by...

Name:

Address:

Email:

Please return your completed pledge to: Deal for Health & Wellness Pledge, Freepost NWW3502A, Wigan WN1 1XZ
Completed pledges should be returned by Monday 2nd May 2016. Full T&C's can be found on www.wigan.gov.uk

Background

As part of Greater Manchester Devolution the £6billion health and social care budget will be managed locally from April 2016. This means that local authorities and NHS organisations will be able to spend money on addressing local issues, while ensuring radical improvements are made to health and social care over the next five years. Previously central government made decisions about where and how to spend money, but through devolution decisions about Wigan Borough will be made here, not in London.

That 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 and support for people with mental health problems

Where we are now

The health and wellness of residents in Wigan Borough tends to be poorer compared with other parts of the country.



270

Some 270 people under the age of 75 die from heart disease in Wigan Borough each year



580

Each year in Wigan Borough there are some 580 deaths and 1,080 hospital admissions due to smoking



1,750

1,750 people aged 16-64 in Wigan Borough were long-term unemployed in 2014. This was 8.6% of the local population

The rate of alcohol-specific hospital admissions in Wigan Borough is worse than the national average



26.2%

Are classed as obese in Wigan Borough

19.6%

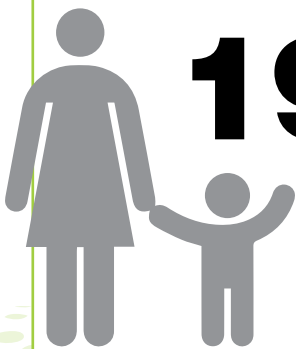
of children are classed as obese



Children having at least 60 minutes of moderate activity a day



21% boys
16% girls



19.1%

Children aged under 16 live in poverty in Wigan Borough

18,000

People in Wigan Borough are recorded as having type 1 or 2 diabetes. This is 6% of the population



8,546

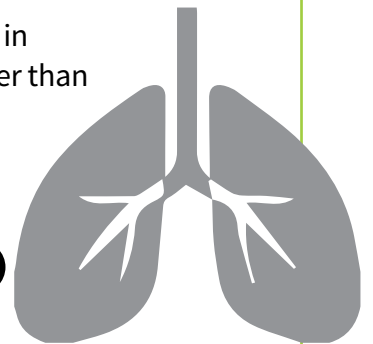
living with cancer in Wigan Borough



The rate of early death in Wigan Borough is higher than in England as a whole

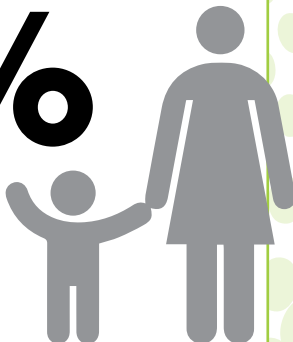
43%

of these deaths are considered to be preventable



80%

of children are not ready for school in some areas of Wigan Borough



18%

of the population of Wigan Borough is aged 65 or older



2,342
people have dementia

Where do we want to be?

Last year, each borough in Greater Manchester was tasked with producing its own local plan, based on addressing its own health issues and individual priorities. These plans have been put together to create the overarching 'Taking Charge Together' strategy. Wigan's plan is called 'Further, Faster' and describes how we will improve healthcare.

In Wigan Borough our aims are to:

- Increase life expectancy
- Increase the number of older people who return home from hospital
- Increase the number of children who are ready for school
- Reduce the number of people attending A&E
- Increase the number of years people are healthy
- Provide services closer to people's homes
- Reduce the number of people who return to hospital after being discharged

The Deal for Health & Wellness focuses on keeping people well,



Challenges:

We currently spend approximately £700million on health and care services in Wigan Borough.

If we carry on doing the same things in the same way and do not change anything, we predict that we will be spending £136m more than we will have in funding by 2021 in Wigan Borough. This is because more people are using health and social care services and the cost of treatment and medication is increasing. The current system is unaffordable, in the future other challenges include:

- An older population with multiple complex chronic conditions and often facing loneliness
- Some adults of working age trapped in chaotic lifestyles and dependent on multiple public services
- Children who are not ready for school meaning they may face a lifetime of disadvantage
- High levels of obesity and tobacco and alcohol consumption – the determinants of poor health
- Too many people end up in hospital when they could be treated at home, or close to home

independent and connected to their local communities with greater emphasis on tackling preventative diseases such as cancer and cardiovascular disease by targeting areas where these issues are prevalent.

When residents do need to access health and care services, they will be delivered locally and in a joined up way – with services working together.

Factors that might impact an individual's health and wellbeing, such as work or housing issues will also be addressed to help them live healthier and happier lives.

In the long term, Wigan Council and Wigan Borough Clinical Commissioning Group will exploit opportunities presented by devolution and the Northern Powerhouse to drive economic growth in Wigan Borough. Creating 10,000 new jobs and homes will improve residents' employment prospects and in turn improve health and wellbeing.



We want you to have your say

Your views will help us to shape the future of Health and Social Care in Wigan Borough. There are a number of ways you can get involved:

- Sign up to the 300 voices by emailing 300voices@wigan.gov.uk
- Join the Shape Your NHS Community Membership to help us make the right decisions. You can help by telling us about your experiences of the NHS, sharing any ideas of how we can improve services, or talking to us about what you need NHS services to look like. To get involved:

Telephone: 01942 482711,

Email: shapeyournhs@wiganboroughccg.nhs.uk

Address: FREEPOST RTRA-BXKR-CTTT, Shape Your NHS, Wigan

Borough CCG, Wigan Life Centre, College Avenue, Wigan, WN1 1NK

To find out more or to request this information in another language or format, please visit:

www.wigan.gov.uk/wiganhealth



