

More accessible version

# Healthier Manchester our vision for your health

This booklet tells you about some changes to health and social care services in Manchester. We hope the changes will make things better for people who use services.





## Why things will change

The Government is letting local councils and the National Health Service in Greater Manchester have more control over how they spend money. This new way of doing things will also affect services such as the police and housing.

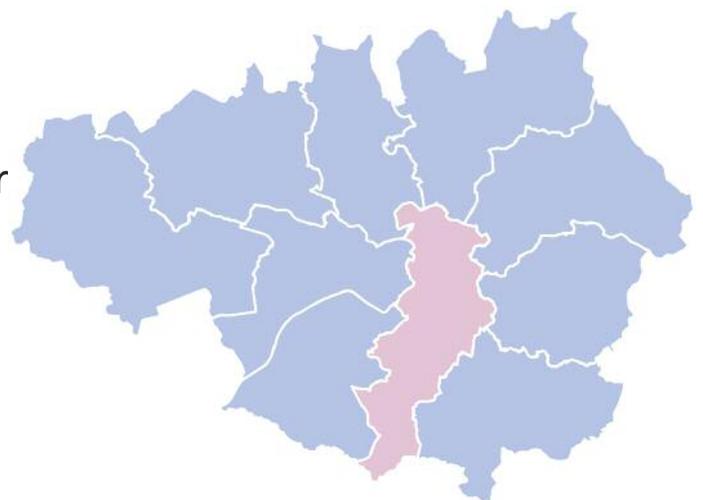
Giving local bodies more control is called 'Devolution'.



It will mean we have more control over how public money is spent in Greater Manchester, including £6 billion on health and social care.

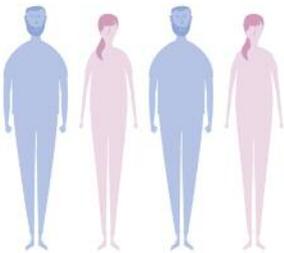
Greater Manchester is made up of 10 local councils. These are:

- Bolton
- Bury
- Manchester
- Oldham
- Rochdale
- Salford
- Stockport
- Tameside
- Trafford
- Wigan



They already do a lot of work together on things such as bus services.

When you need support with your health some of it may be done by NHS staff in hospitals or clinics, or by staff at your GPs surgery. Some staff who help you such as social workers might come from the local council; other support such as carers might come from voluntary sector groups.



One of the main things we want to do is make sure all of these people and organisations work well together so it does not seem like you are dealing with different organisations.

In the future, health services will not just cure people when they get ill. They will work with people to stop them getting ill in the first place.



Good health is more than not having an illness. Having a job, good housing and seeing family and friends affects how well you feel. We call this sort of health 'wellbeing'.

**These are the main things we will do:**

- Help people to look after themselves
- Help people get jobs
- Get different services to work together better
- Provide services in the community, nearer to where people live
- Give better care to people who have mental health conditions, such as depression



## **What things are like in Manchester at the moment**

We have got a lot of information about the health and wellbeing of people in Manchester.

We looked at how good people's health was in Manchester compared to people in other parts of the country.

People in Manchester do not live as long as people in some other areas.



They have more deaths from smoking, cancer and respiratory illness. Respiratory means the organs we use to breathe.



More people need hospital treatment due to drinking too much alcohol than in many other parts of the country.



Manchester has more children who live in poverty than in many other parts of the country. People who live in poverty often have worse health than people who do not.



**We have a target that by the year 2021 we want:**

- Fewer babies born underweight
- Fewer children living in poverty
- Fewer people dying early from heart disease
- Fewer people with cancer
- Fewer people with breathing problems

## People have told us what they want from services



We want to support more people to stay well and live at home for as long as possible.

To do this we will:



- Deal with things that make people ill
- Spot illness earlier
- Give support sooner to stop things getting worse
- Manage illness better



If we can do this it will mean people do not end up being in hospital.

This will save money that can be spent on services that are easier for people to use, such as GPs, the voluntary sector and community health and social care teams.



These services can share things. This will save money that can be spent on better services.

They can also share information, so people do not have to keep telling different people the same thing.

Manchester City Council also has plans such as 'The Manchester Strategy' and the 'Health and Wellbeing Strategy', which say how they will make the city a better and healthier place to live.

Our plan fits in with these other plans.

We spend about £1.3 billion on health and social care, but more people need services.



By 2021, if we carry on doing the things the same way we do now, we will be spending more than we get. So we have to change the way we do things.

If we can help people have better health, they will have less need.

We know that things such as unemployment and poor housing cause bad health.

### **So we will:**

Deal with causes of bad health

- Get more children vaccinated
- Help local people get jobs
- Run a healthy lifestyles service to help people
- Give grants to community groups that help people live a healthier life
- Work with companies and housing providers to make neighbourhoods better for exercise



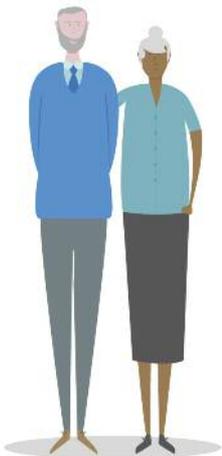
### **Spot illness earlier**

- More cancer screening
- Get GPs to check people with dementia, diabetes, heart disease and breathing problems



### **Give support earlier**

- Find everyone who is a carer and give them support.
- Set up 3 'early help hubs' in Manchester to give people help in a way that meets their own needs.
- See people with mental health needs quickly to stop things getting worse.
- Have activities for older people to stop them becoming lonely.

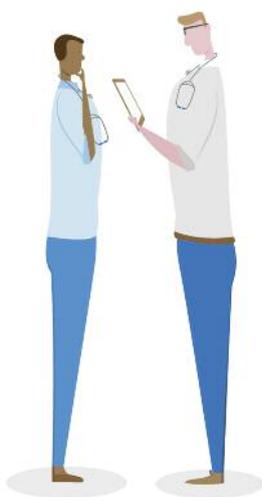




## **Managing illness**

People who have conditions over a long time, often know best what they need to carry on living a full life.

- Care staff will look at how people can have more control of their condition.
- Give people equipment and technology to live as well as they can.
- Support people who have long-term conditions to get work.
- Give people who have long-term conditions clear information.



## **Staff, buildings and technology**

Over 40,000 people work in health and social care across Manchester. There are also another 60,000 people who look after their loved ones.

We will support all of these people whether or not they do it as a paid job or not.

We will turn 12 buildings in Manchester into health and social care centres for local areas. These will link with GPs and chemists and if possible have space for community groups.



Records will be kept so health and care staff do not have to keep asking people for information they have already given to someone else.

Health records will be able to be looked at online.



We will give equipment to people that lets them live independently.

We will look at how health apps and information technology can be used to help people.



### What can you do to help?

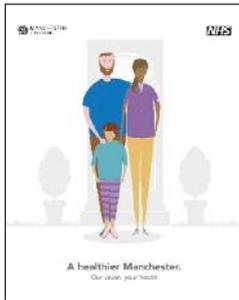
- Volunteer for community groups that do health work
- Help beat loneliness
- Get involved in our work
- Get involved in our work
- Check your medicines – if you get repeat prescriptions that you no longer need ask your doctor for a review.
- Only Use hospital Accident and Emergency departments for emergencies.
- Turn up for appointments
- Live a healthy life
- Look after yourself



### Follow the 5 steps to wellbeing



- Connect: Talk to people such as your family, friends and neighbours
- Be active: Walk, ride a bike, play a game, dance or find a physical activity you like doing.
- Take notice: Look around, check how you feel.
- Keep learning: Try something new
- Give: Do something nice for someone else, volunteer for a group.



**This is an easier to read version of our booklet:  
'A healthier Manchester. Our Vision, your health'**

**This version was designed by:**

Manchester People First, which a self-advocacy group  
for adults with a learning disability

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