

Frimley Health and Care System Sustainability and Transformation Plan (STP)

What is an STP?

The Frimley Health and Care Sustainability and Transformation Plan (STP) is one of 44 plans in the country set up to deliver health's Five Year Forward View' (www.england.nhs.uk/ourwork/futurenhs/).

The Frimley Health and Care plan covers a population of 750,000 residents through nine councils (county, borough and district). It sets out how social care and health services delivered by councils and health authorities will become a more integrated system fit for the future.

The plan runs from 2016 to 2021 and builds on the work already taking place to transform health and care provision in the region.

Why is it needed?

The Frimley health and care system is performing well. In most of our local areas satisfaction with GP services is among the highest in England. We are investing in our hospitals, including a new emergency department at Wexham Park Hospital, and rebuilding Heatherwood hospital as a new elective centre.

However we recognise that both health and social care organisations are short of money and we have a growing and ageing population with increasingly complex needs and we cannot carry on delivering our services in exactly the same way in the future.

By working together across all of health and social care we have a clear plan on how our local services can be improved and become more sustainable over the next five years.

How will it benefit our local residents?

In delivering these plans between now and 2021 we hope to deliver the following benefits to our residents:

- People will be able to get a GP appointment from 8am to 8pm Monday to Friday, that's 420,000 more GP appointments across Frimley.
- At weekends, specialist and family doctors, community nurses, occupational therapists, physiotherapists, social workers, psychiatric nurses, psychiatrists and pharmacists will offer treatment through teams who work together around the individual's needs.

- Improving mental health services so fewer people who need specialist care will have to travel out of the area.
- These improvements will also support more community mental health nurses, seven days a week so people can get the right support when they need it.
- A new multi-million pound radiotherapy centre planned for the Wexham Park Hospital site will reduce travel times for local cancer patients.
- By investing in technology, patients will only have to share their medical history, allergies and medication details once, regardless of whether they are in A&E or a GP surgery.
- Patients will be able to access their medical record online, and for those with diabetes, heart or breathing problems, technology can monitor things like blood pressure remotely, alerting the doctor to any problems.
- We all have a role to play in tackling preventable ill-health. With our support we will help local people to achieve the following:
 - 18, 000 people could prevent diabetes,
 - Alcohol related deaths could be reduced by 20 per cent,
 - Surgical infections could be reduced by 150 a year by people giving up smoking for three weeks before their operation.
- We will invest in new GP hubs and upgrading GP surgeries across all areas.

How will we make it happen?

There are five priorities for our area:

1. Improve wellbeing and increase prevention, self-care and early detection.
2. Improve treatment planning for patients with long-term conditions, including greater self-management and proactive management across all providers.
3. Provide proactive management for people who have multiple, complex and long-term physical and mental health conditions, to reduce crises and prolonged hospital stays.
4. Redesign urgent and emergency care, including integrated working and primary care models providing out of hospital responses to reduce hospital stays.
5. Reduce variation and health inequalities to improve outcomes and maximise value for citizens across the population, supported by evidence.

We have many local examples of how we are driving improvements already, for example Happy, Healthy, at Home, New Vision of Care, Surrey Heath integrated care hubs and Slough's Prime Minister's Challenge Fund initiatives.

The central role of the STPs is to support local plans, including to achieve the changes that local people and local clinicians have told us they want.

We aim to prioritise those good practice examples which make the biggest difference to residents and will deliver them across the whole footprint for our 750,000 population.

You will have opportunities to help shape and improve the detail of the plans over the coming months.

What does the future look like?

Our local communities and individuals will:

- Be supported to remain as healthy, active, independent and happy as they can be.
- Know who to contact if they need help and be offered care and support in their home that is well organised, only having to tell their story once.
- Work in partnership with their care and support team to plan and manage their own care, leading to improved health, confidence and wellbeing.
- Find it easy to navigate the urgent and emergency care system and most of their care will be easily accessed close to where they live.
- Have confidence that the treatment they are offered is evidence based and results in high quality outcomes wherever they live - reduced variation through delivery of evidence based care and support.
- Increase their skills and confidence to take responsibility for their own health and care in their communities.
- Benefit from a greater use of technology that gives them easier access to information and services.
- As taxpayers, be assured that care is provided in an efficient and integrated way.

Want to be involved?

If you would like more information, visit

www.northeasthampshireandfarnhamccg.nhs.uk or email NEHCCG.public@nhs.net