

# One **Halton**

Longer, happier and healthier lives

2019 - 2024

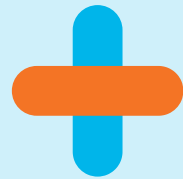


# One Halton where everyone lives longer, happier and healthier lives



We all need to think and do things differently than we have done before.

We are going to work much more closely together to get the whole health and care 'system' working better for people.

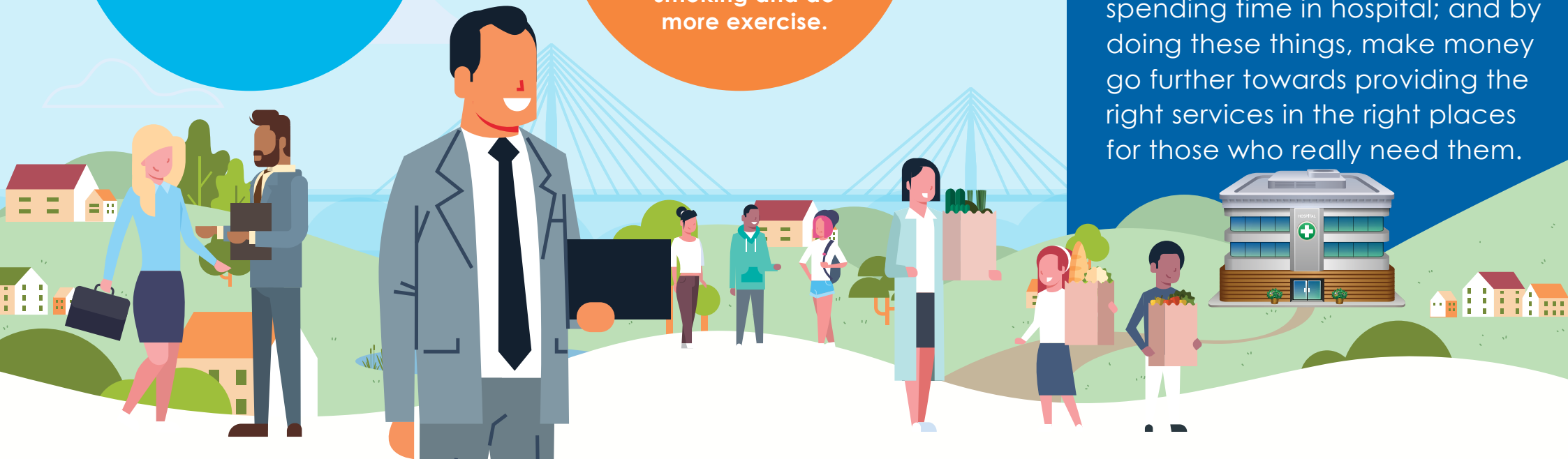


At the same time we are asking you to make the right choices about the food you eat, drink less alcohol, stop smoking and do more exercise.



By getting it right together,

we will prevent more people becoming unwell; keep people living longer and healthier lives in their own homes; see less people spending time in hospital; and by doing these things, make money go further towards providing the right services in the right places for those who really need them.



# Our priorities are your priorities



## **Children and Young People:**

Improved Levels of early child development



## **Generally Well:**

Increased Levels of Physical Activity and Healthy Eating and Reduction in harm from alcohol.



## **Long Term Conditions:**

Reduction in levels of Heart Disease and Stroke



## **Mental Health:**

Improved Prevention, early detection and treatment



## **Cancer:**

Reduced level of premature death



## **Older People:**

Improved quality of life

# Some of our challenges



Poor choices are placing an increased burden on our already stretched health and care systems and services.

More of our population are living longer lives, but they are not always living better lives.

In older years, quality of life is often compromised because of increased fragility and poor health, that can result in a loss of independence and a reliance on health and care services.

Our young children are not always getting the best start to their lives. We know that there are high rates of smoking during pregnancy, low breastfeeding rates, and higher than average levels of childhood obesity. Too many under-18s are admitted to hospital because of alcohol.

None of these problems have happened overnight and they will not be solved quickly, but we need to act now if we want to begin to reverse trends, improve lives and ease the demand and financial pressures upon our health and care system.

We know that the poorest people in Halton are dying at a younger age than others living in wealthier areas of the borough. Long-term health conditions, caused by poor lifestyle conditions are too often the choice.

# What we will do in 2020/21

Fire Officers  
to continue to  
undertake Safe  
and Well  
Visits

Create a  
rooftop garden in  
Runcorn Shopping  
City for the community  
to come together and  
enjoy for improved  
Health and  
Wellbeing

Improve the  
quality of  
mental health  
services for all.

Introduce  
simpler testing  
for bowel  
cancer and  
reduce the  
screening age  
from 60 to 50

Provide support  
at home for  
high-intensity  
users of  
services, to  
reduce the  
number of  
hospital visits.

Maintain  
Alcohol Care  
Teams at St Helens  
& Knowsley NHS Trust;  
dedicated teams of  
clinicians who specialise  
in managing patients  
with alcohol  
dependency

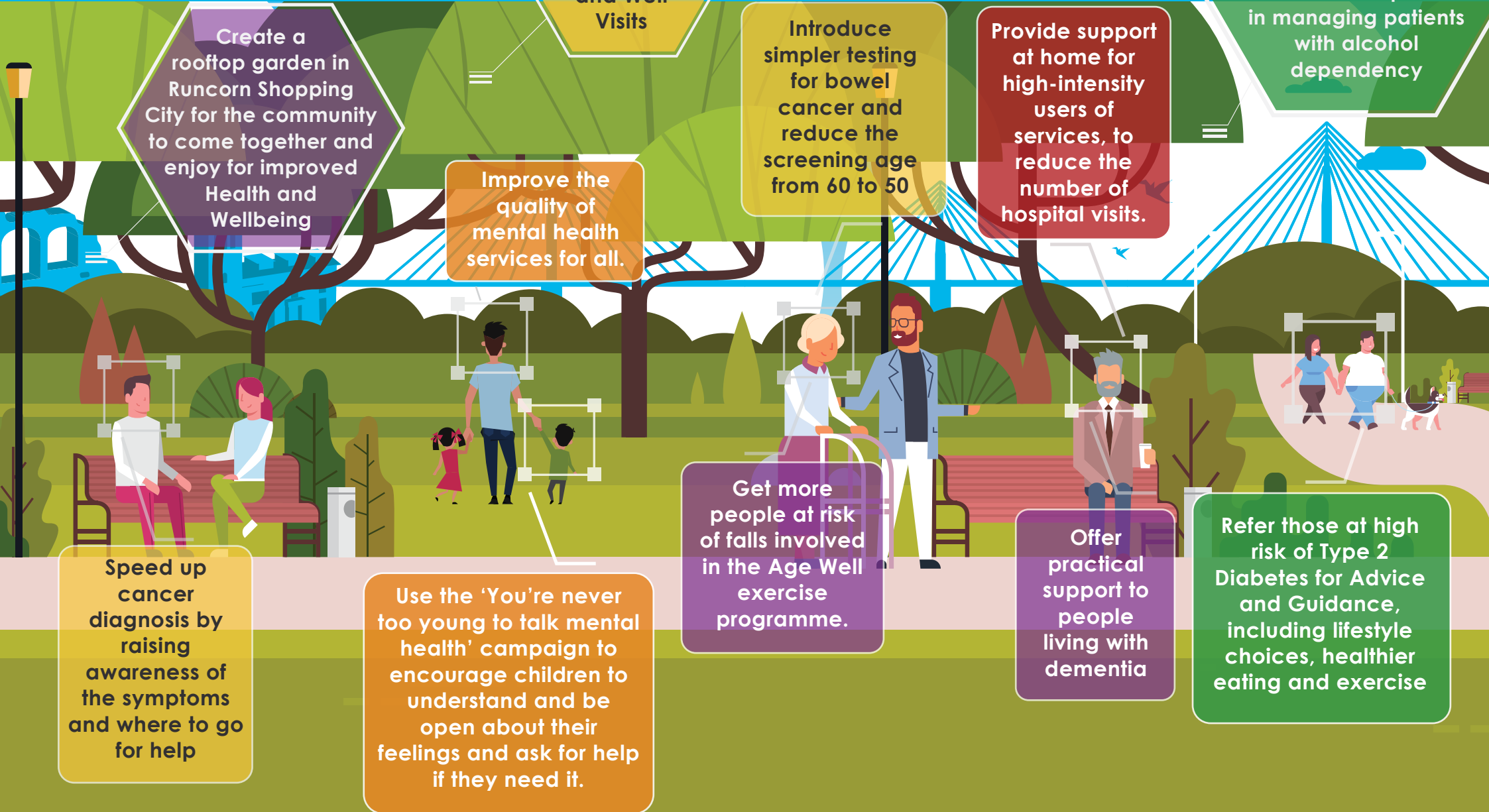
Get more  
people at risk  
of falls involved  
in the Age Well  
exercise  
programme.

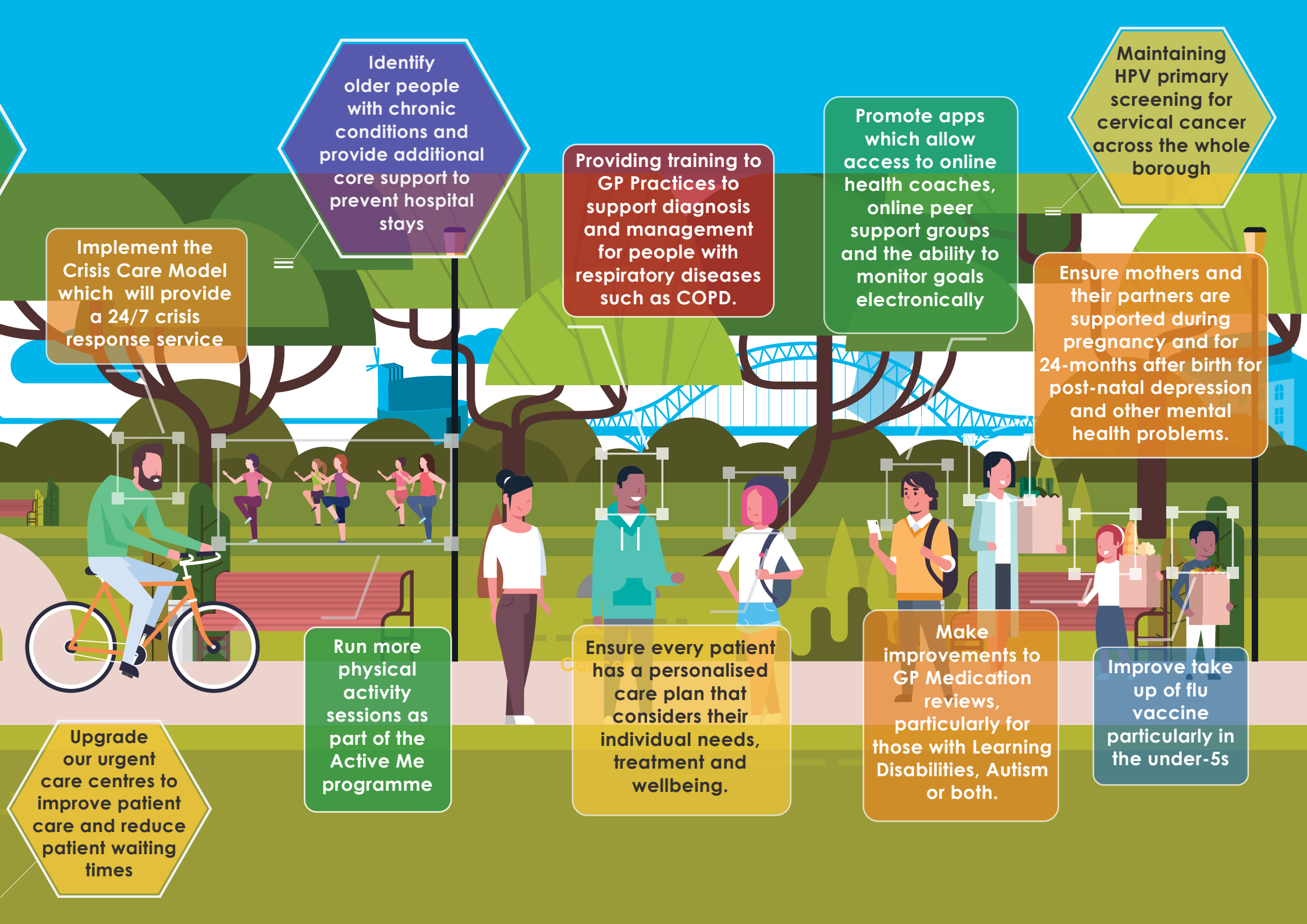
Speed up  
cancer  
diagnosis by  
raising  
awareness of  
the symptoms  
and where to go  
for help

Use the 'You're never  
too young to talk mental  
health' campaign to  
encourage children to  
understand and be  
open about their  
feelings and ask for help  
if they need it.

Offer  
practical  
support to  
people  
living with  
dementia

Refer those at high  
risk of Type 2  
Diabetes for Advice  
and Guidance,  
including lifestyle  
choices, healthier  
eating and exercise





Identify older people with chronic conditions and provide additional core support to prevent hospital stays

Implement the Crisis Care Model which will provide a 24/7 crisis response service

Providing training to GP Practices to support diagnosis and management for people with respiratory diseases such as COPD.

Promote apps which allow access to online health coaches, online peer support groups and the ability to monitor goals electronically

Maintaining HPV primary screening for cervical cancer across the whole borough

Ensure mothers and their partners are supported during pregnancy and for 24-months after birth for post-natal depression and other mental health problems.

Run more physical activity sessions as part of the Active Me programme

Ensure every patient has a personalised care plan that considers their individual needs, treatment and wellbeing.

Make improvements to GP Medication reviews, particularly for those with Learning Disabilities, Autism or both.

Improve take up of flu vaccine particularly in the under-5s

Upgrade our urgent care centres to improve patient care and reduce patient waiting times



## About One Halton:

One Halton is not a new organisation – it is a partnership between the Council, NHS Organisations, GP Practices, Fire, Police and Voluntary Organisations.

## Get involved:

If you are interested in finding out more about One Halton's plan, you can read an extended version online at [www.onehalton.uk](http://www.onehalton.uk)

Give us your feedback at [www.onehalton.uk/haveyoursay](http://www.onehalton.uk/haveyoursay)

Follow us on Twitter @OneHalton

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