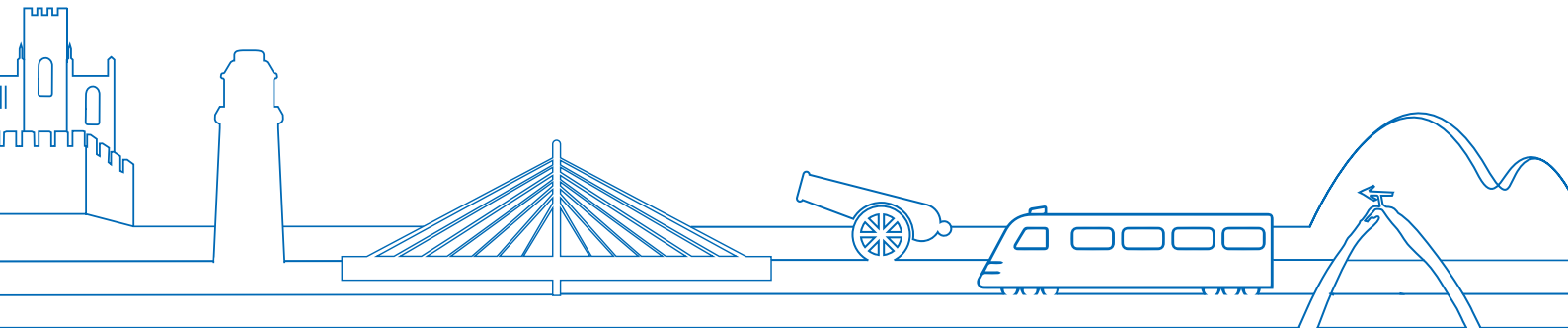




Working together

as one Integrated Care System
across the North East and North Cumbria



Our history

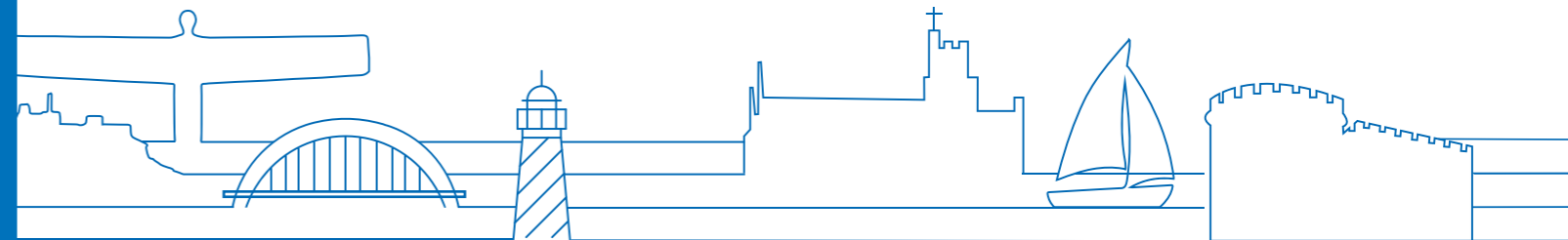
Across our region the NHS has a **strong and proud history** of working together.

The quality of our health and care services is consistently rated amongst the **best in the NHS** and we have an abundance of great care delivered by **highly committed teams** of health and care staff.

Despite this, **our overall public health is still amongst the worst in the country** and we are not making fast enough progress on improving the overall health of people living in our area.

Life expectancy for people in the North East and North Cumbria remains amongst the poorest in England and we have some of the starkest health inequalities with high levels of preventable disease and early death rates. All of this drives much of the pressure on our local health and care system with record numbers of people accessing services year-on-year.

We want to change this by working together as an Integrated Care System whereby every partner organisation is fully committed to and focused on creating a common purpose and joint determination to drive improvements in health, wealth and wellbeing.



Our ambition

By working with local communities, our partner organisations and our amazing health and care staff, our ambition is to significantly improve health outcomes for people who live in our region and create a health and care system which is fit for the future. To do this, we have agreed six shared priorities:

1. Improve population health and prevent ill health

by increasing public awareness on living healthy and well, developing screening to better prevent, detect and manage the biggest causes of premature death and continuing to reduce tobacco and alcohol consumption.

2. Improve the quality and sustainability of local health services

by working together across organisational boundaries and with our frontline clinical teams to develop future services models which ensure all patients have fair access to safe, effective, high-quality care and the best possible clinical outcomes.

3. Improve how we use technology

to ensure that we are running efficient and effective services for the benefit of our staff and patients. This includes transforming the way we deliver traditional outpatient care by helping people to make appointments, manage prescriptions and view health records online to reduce unnecessary visits to hospital or other services.

4. Improve the health, wellbeing and sustainability of our workforce

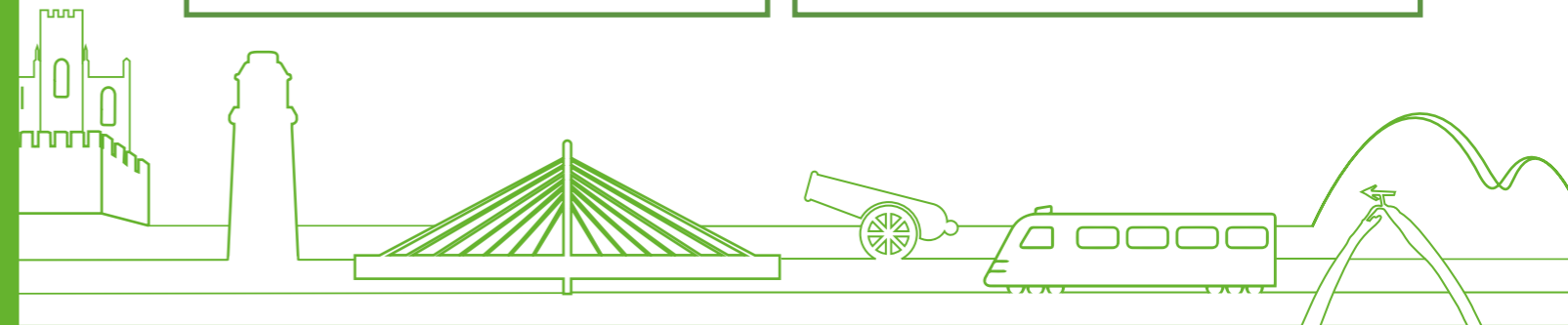
by making our region a great place to work and ensuring staff have the skills and support they need, whilst developing how we collectively recruit, retain and train our staff to work differently and more flexibly in the future.

5. Improve access to and standards of care for people with learning disabilities

so that more people can live in the community, with the right support close to home and receive the best possible health outcomes.

6. Improve access to and standards of mental health care

by breaking down the barriers between physical and mental health services, supporting people with severe and enduring mental illness and improving the emotional wellbeing and mental health of children and young people.



Why do we need to do things differently...

Why do we need to get fit for the future? What is driving the changes we need to make? Why do we need to continue to think differently about the way we plan and deliver services?

Change is not new for the NHS and we have a strong track record of being at the forefront of innovation and transforming care. We are already embracing many of the challenges being faced by the NHS and have improved care and experiences of patients as a result. But we know there is still much more to do.

New digital technology

Technology has been revolutionised in the last decade and the NHS must keep up. These days we all expect to book appointments online and get instant access to information. Embracing new technologies will be key in transforming how we provide more efficient care in the future.

Focus on prevention

To prevent overwhelming demands on our services, we must move beyond treating illness and work towards prevention. This includes helping people to manage their own condition and preventing diseases.

Growing public expectations

Rightly, we expect more from all the services we use in terms of speed and quality. Increasingly, we expect care that is tailored to our needs and to be involved in decisions about our care. We also expect to be able to access healthcare at convenient times and in more flexible locations.

Innovations in treatment and care

Medicine is constantly becoming more advanced. Treatment for some complex illnesses can now be provided outside hospitals, but we also need to provide very specialist treatments in the right environments. As medicine advances and clinical standards get higher, so too must

the way we organise treatment and care, which is becoming ever more sophisticated.

Growing and aging population and changes in lifestyles

More people living in our communities means more services are needed, in particular for older people who often have more complex health needs. Many of these health needs need to be met closer to, or at home.

Changes in lifestyles also mean that families can be further apart, reducing the number of people able to offer additional help and care.

Competing priorities for resources

The NHS has to live within its means. This doesn't mean compromising on quality of care, which remains at the heart of everything we do. But with a defined budget, we must find more efficient ways of working and delivering treatment.

Our challenge

is to ensure we develop a health and social care system in the North East and North Cumbria that is future proof and can accommodate new treatments, innovations and changes in patterns of illness and care, as well as attract and retain highly skilled and compassionate people to care.

Working together

as one Integrated Care System (ICS) across the North East and North Cumbria

Our integrated care system is made up of four integrated care partnerships (ICPs):

North Cumbria ICP - population: 325,700

NHS Clinical Commissioning Groups (CCGs):

- North Cumbria CCG

NHS Foundation Trusts:

- North Cumbria Integrated Care NHS Foundation Trust

- Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
- North West Ambulance Service NHS Foundation Trust

Council area:

- Cumbria



North of Tyne and Gateshead ICP

Population: 1,078,500

North of Tyne and Gateshead ICP - population: 1,078,500

NHS Clinical Commissioning Groups (CCGs):

- Northumberland CCG
- North Tyneside CCG
- Newcastle Gateshead CCG

NHS Foundation Trusts:

- Northumbria Healthcare NHS Foundation Trust
- Newcastle Upon Tyne Hospitals NHS Foundation Trust

- Gateshead Health NHS Foundation Trust
- Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
- North East Ambulance Service NHS Foundation Trust

Council areas:

- Northumberland
- North Tyneside
- Newcastle
- Gateshead

Tees Valley ICP - population: 707,000

NHS Clinical Commissioning Groups (CCGs):

- Darlington CCG
- Hartlepool and Stockton CCG
- South Tees CCG

(to become one single 'Tees Valley CCG' from April 2020)

NHS Foundation Trusts:

- County Durham and Darlington NHS Foundation Trust
- North Tees and Hartlepool NHS Foundation Trust

- South Tees Hospitals NHS Foundation Trust
- Tees, Esk and Wear Valleys NHS Foundation Trust
- North East Ambulance Service NHS Foundation Trust

Council areas:

- Darlington
- Hartlepool
- Middlesbrough
- Redcar and Cleveland
- Stockton on Tees Borough

North Cumbria ICP

Population: 325,700

Durham, South Tyneside and Sunderland ICP

Population: 997,000

Durham, South Tyneside and Sunderland ICP - population: 997,000

NHS Clinical Commissioning Groups (CCGs):

- South Tyneside CCG
- Sunderland CCG
- Durham Dales, Easington and Sedgefield CCG*
- North Durham CCG*

*to become one single 'Durham CCG' from April 2020

NHS Foundation Trusts:

- South Tyneside and Sunderland NHS Foundation Trust

- County Durham and Darlington NHS Foundation Trust
- Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
- Tees, Esk and Wear Valleys NHS Foundation Trust
- North East Ambulance Service NHS Foundation Trust

Council areas:

- South Tyneside
- Sunderland
- Durham

Tees Valley ICP

Population: 707,000

How will we do it?

Primary care networks built around places and neighbourhoods

Priorities and improvements will continue to be driven locally through the strong partnerships which exist between the NHS and local authorities in our cities, boroughs, counties and local neighbourhoods.

New primary care networks will play a pivotal role. These are groups of local GP practices, social care teams, other community-based care providers and voluntary sector organisations all working together to improve local services and think about how we can meet the challenges of the future.

Integrated Care Partnerships

Our four 'Integrated Care Partnerships' are built around bigger geographies, how people currently use NHS services and the location of our hospital sites.

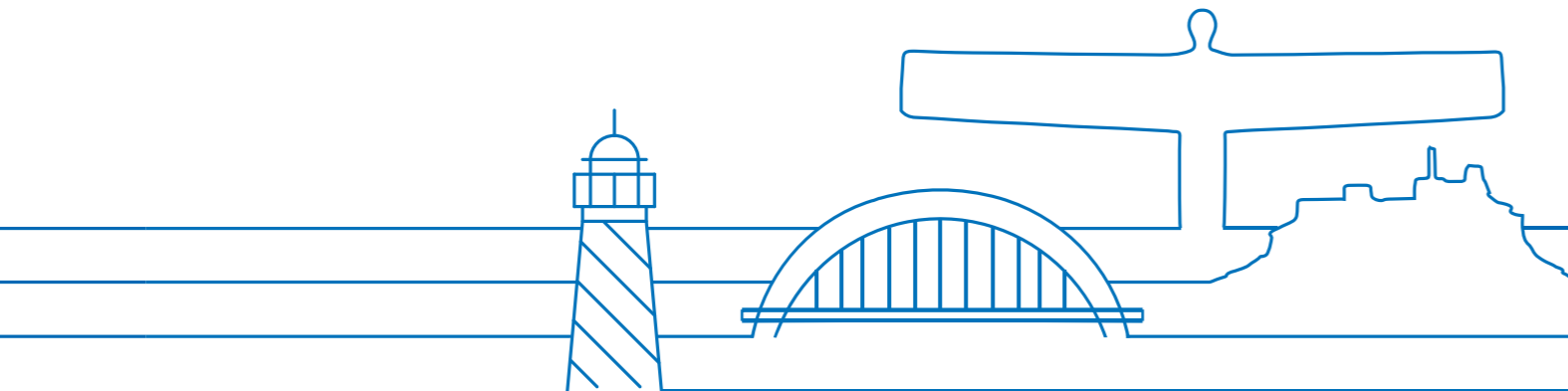
Together, our teams are collaborating on a greater scale than ever before to improve and strengthen our clinical services right across the region to offer the best possible outcomes for local people and tailor care to meet the needs of our population.

Our Integrated Care System

Together, we serve a population of around 3.1 million people. Across our 'Integrated Care System' we will be focused on:

- doing all we can to share best practice far and wide
- accelerating the pace of positive change
- delivering improvements across our health and care system
- improving the health and wellbeing of local people.

A key part of this is working with our local and combined authorities to think about local economic development and workplace health, and extending NHS employment opportunities to local people.



How will we improve things together?



Engagement...

with staff, patients, service users and local people will remain **at the heart of how we continue to make improvements** to our services and this activity will continue to be driven by locally.

Building...

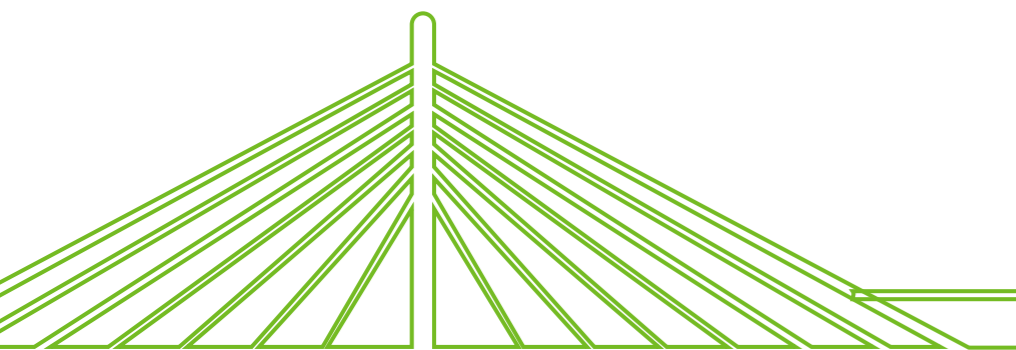
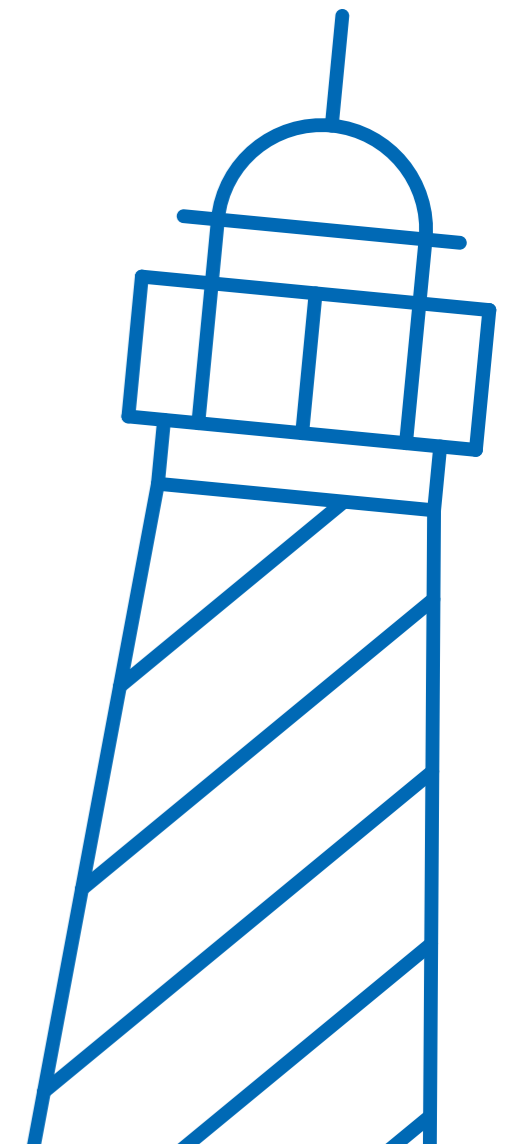
on what we have achieved already, clinicians across the North East and North Cumbria are continuing to develop plans (what we call our clinical strategy) to **drive forward more improvements and ensure our services are fit for the future.**



We will...

also continue to work through existing **Health and Wellbeing Boards, which provide a crucial forum** for local authorities, NHS Clinical Commissioning Groups and wider partners to assess the needs of local populations and jointly commission services, as well as the governing bodies of NHS Clinical Commissioning Groups and the boards of NHS Foundation Trusts.

Improvements to our services will be shared and discussed with local and regional Health Scrutiny Committees as necessary and any substantial changes will also be subject to a **formal public consultation process**. Again, this will be driven locally, by local organisations, working together to **listen to local people.**



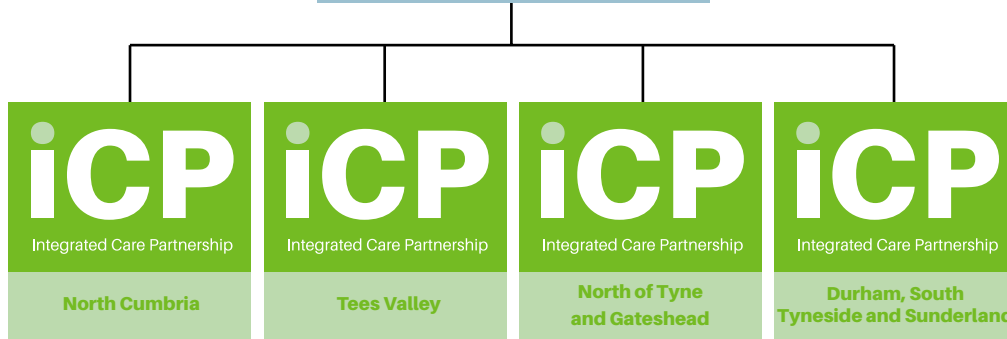
Get involved

We want you to **share your views** and **join our journey** to create a health and care system which is fit for the future. A journey towards living well, to delivering better health and healthcare and more joined up health and social care for our communities.



Everyone has a part to play in helping the NHS to meet the challenges being faced. Here are six things you can do to help:

- 1. Take responsibility** for your own health.
- Remember to have your **flu jab** this winter if you are at risk.
- Take your first step to **quit smoking**, there's lots of support out there.
- 4. Be more active!** Just 20 minutes a day of gentle exercise can make all the difference.
- 5. Keep any appointments** - if you can't, let us know, as missed appointments cost us millions every year.
- 6. Choose the right NHS services** at the right time and please keep emergency services free for serious illness or injury.



Our vision is to deliver the best possible quality of care and improve health outcomes for local people. Join our journey and tell us how we can improve care and make the most of the resources we have.

www.nhsjoinourjourney.org.uk

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