

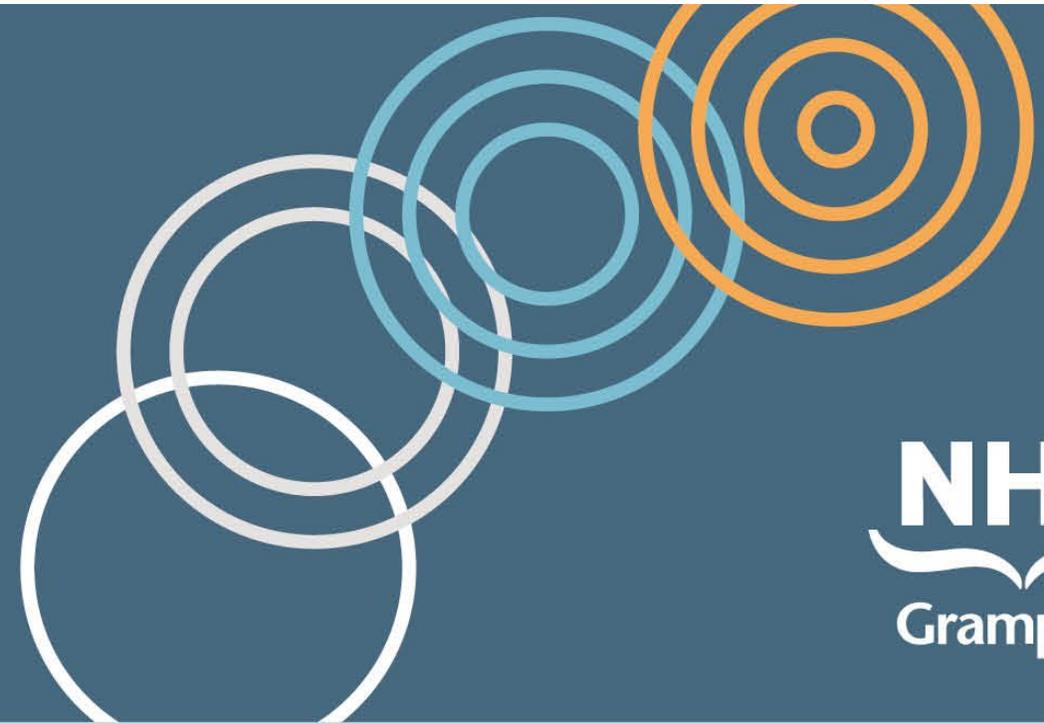
NHS Grampian

Plan for the Future 2022-2028

Engagement Pack - Stage 1 (June – August 2021)

**Evolving
through
Involving...**

Public involvement



NHS
Grampian

Our Plan for the Future



At the start of the COVID-19 pandemic, we had to quickly change the way health care and support was given across Grampian.

Many of these changes have been very difficult and affected some peoples' lives more than others. We are sorry that some people have had to wait longer for care they need, to allow staff to care for those most poorly who have needed help the most during this time.

We are extremely grateful for everything that people in Grampian have done and continue to do to support and protect NHS Grampian and all those providing care services on our behalf.

We are also thankful for the patience, kind messages and thanks shown, which has lifted our staff during a very busy and difficult time, and helped them to continue caring because they could see you were caring for them too!



The changes made have meant staff have had to work very differently. We still have challenges to face but we are committed to recover and rebuild by doing more of what worked well before and during COVID-19.

To do this we need your help! We want to rebuild your care services with you - not for you. We need to hear from you to find out what is important for your health and wellbeing.

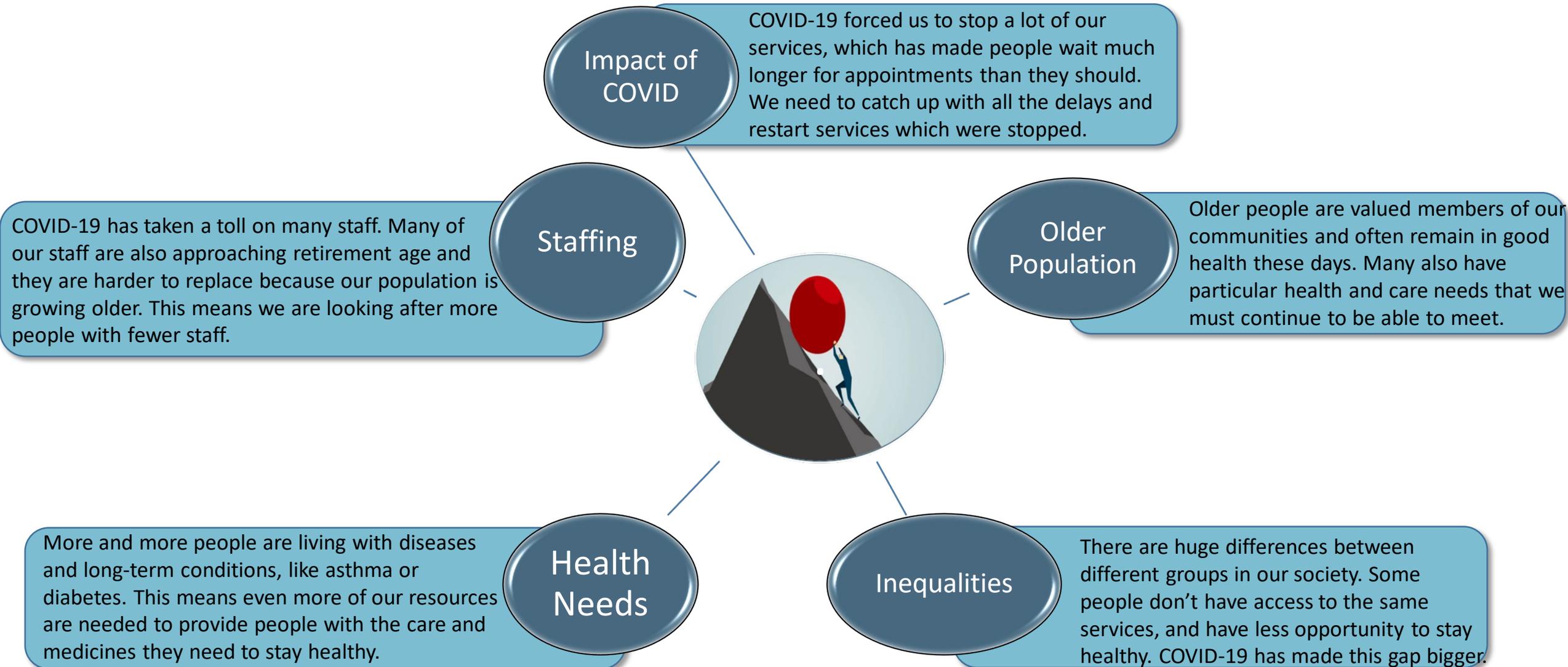


Why do we need to change?

- We need to look ahead, beyond the current COVID-19 pandemic. This means looking at how we can make the biggest difference to the health and wellbeing of the people of Grampian with the resources we have.
- You have an important role in helping us make those decisions. You also have a key part to play in your own health and wellbeing and we want to support you to be in control of your situation.
- COVID-19 has stretched us all to the limit and has made the gap between people living in good health and poor health even bigger. We call this 'health inequality'.
- But the pandemic has also shown us how **we can all work together when we have the same goal**. In the future, we want everyone, regardless of their life circumstances or background, to have better health and better quality of life.



What are some of the challenges we face?



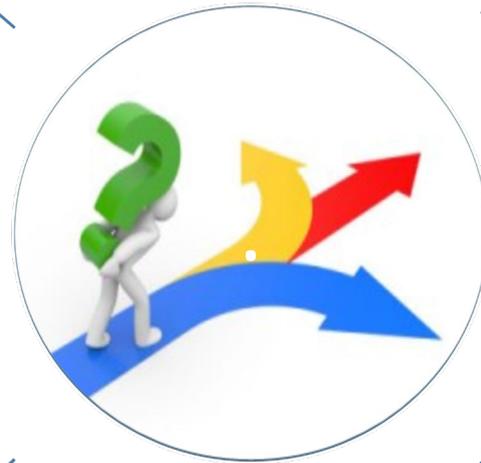
What are the opportunities for change?

COVID-19 has made us use technology in new ways to provide services. We need to continue to explore how to use technology to improve our services and help more people get the care they need.

Technology

Working together

There is no 'one size fits all' to help people maintain good health and wellbeing. We need to work more closely with our partners to help everyone get the support they need in all aspects of their health.



COVID-19 has shown us that we can do things differently, and some of those changes have been good. We need to build on those and make sure that our services continue to improve.

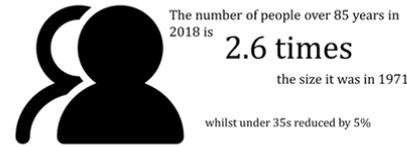
Opportunities from COVID

Prevention

As more of our population live with long-term conditions, it's important to focus on keeping people healthy for longer and helping people look after their health on their own.

Facts about population health in Grampian

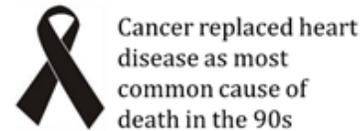
1. Grampian's population has been increasing and ageing.



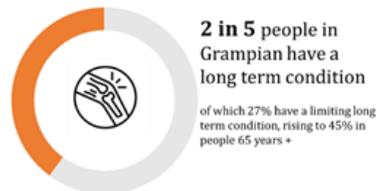
2. Life expectancy has been rising, but the rate of increase has stalled and inequalities have worsened for some.



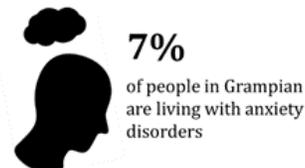
3. Main causes of death are changing, and improvements to avoid mortality through prevention and treatment have slowed.



4. The population is healthier now in many respects, but for some the burden of long term conditions continues to rise.



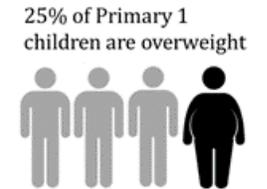
5. Common mental health problems are increasing.



6. Fewer people are smoking but obesity continues to rise.

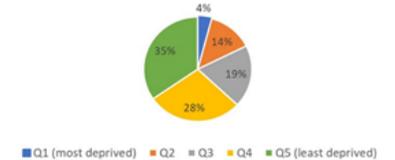


7. There have been improvements in child health but inequalities remain.



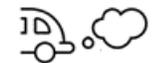
8. Variations in social and economic factors are important drivers of health inequalities and they are dispersed throughout the population.

4% of the Grampian population live in highest deprivation category



9. The physical environment is affecting our health and well-being.

Estimated 180 deaths per year in Grampian due to air pollution (PM2.5)



10. It is getting harder to protect our population from some infectious diseases.

Child immunisation in Grampian is below the levels needed for population immunity



What does 'health inequality' look like?



1.7 times more likely to be born with low birth weight

Nearly twice as likely to be obese at the age of five

6 times more likely to become pregnant before the age of 20

2.9 times more likely to attend A&E if they are a man in their early forties

2.4 times more likely to live with a mental health condition

likely to live 8 years fewer if they are a man and 4 years fewer if they are a woman

How will we develop a plan together in the future?

1. **By listening to the views and experience of people who use our services and their suggestions as to what needs to change/improve.**

Why does this matter?

- *Greater participation = better outcomes*
- The way we provide services should keep the individual at the centre of every decision about their care. It's important that we understand **what matters to you** so we can design our pathways across all health and care organisations to deliver the best care'

2. **By working together with partners and staff across our health and social care system**

Why does this matter?

- Although you may access services or receive care from any partner within our health and care system, we all share a **joint commitment** to develop 'seamless pathways' between community and specialist services
- Evidence has shown that care providers working together can improve the experience of people using our services as well as the experience of staff providing them.

Health and Care System in the North East



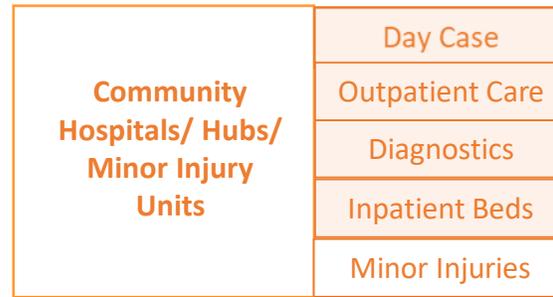
Third Sector Interface

Empowering People & Communities

- Protecting vulnerable individuals/groups
- Enabling good health & reducing factors contributing to poor health and wellbeing
- Safer and resilient communities

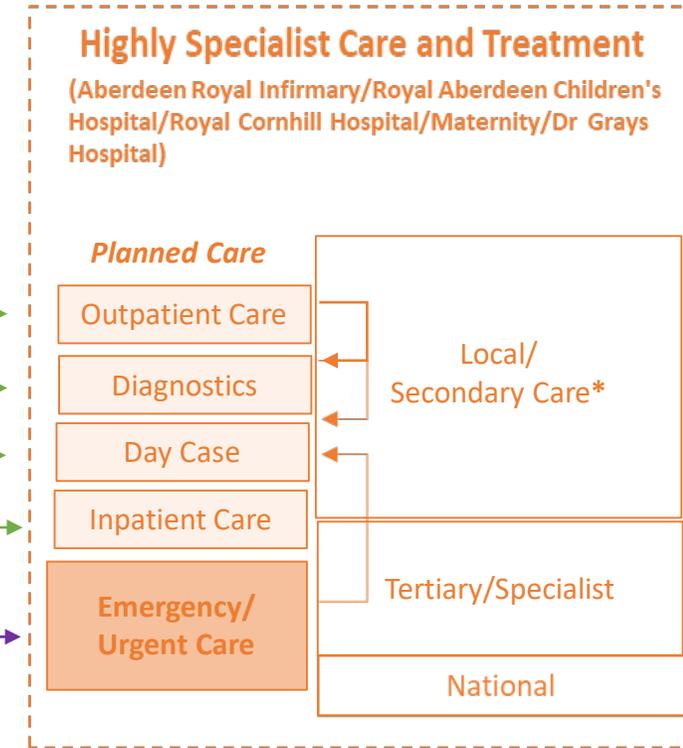
Working Together with Communities

- Third Sector (charities & community groups)
- Health & Social Care
- NHS
- Scottish Ambulance Service
- Fire
- Police
- Local Authorities
- Independent Contractors
- NHS 24
- Community Planning
- Education
- Local Businesses
- Criminal Justice/ HMP Grampian



NHS 24/NHS Inform

Scottish Ambulance Service
(In conjunction with others organisations)



Highly Specialist Care
Delivered Nationally/UK

Working together in Grampian

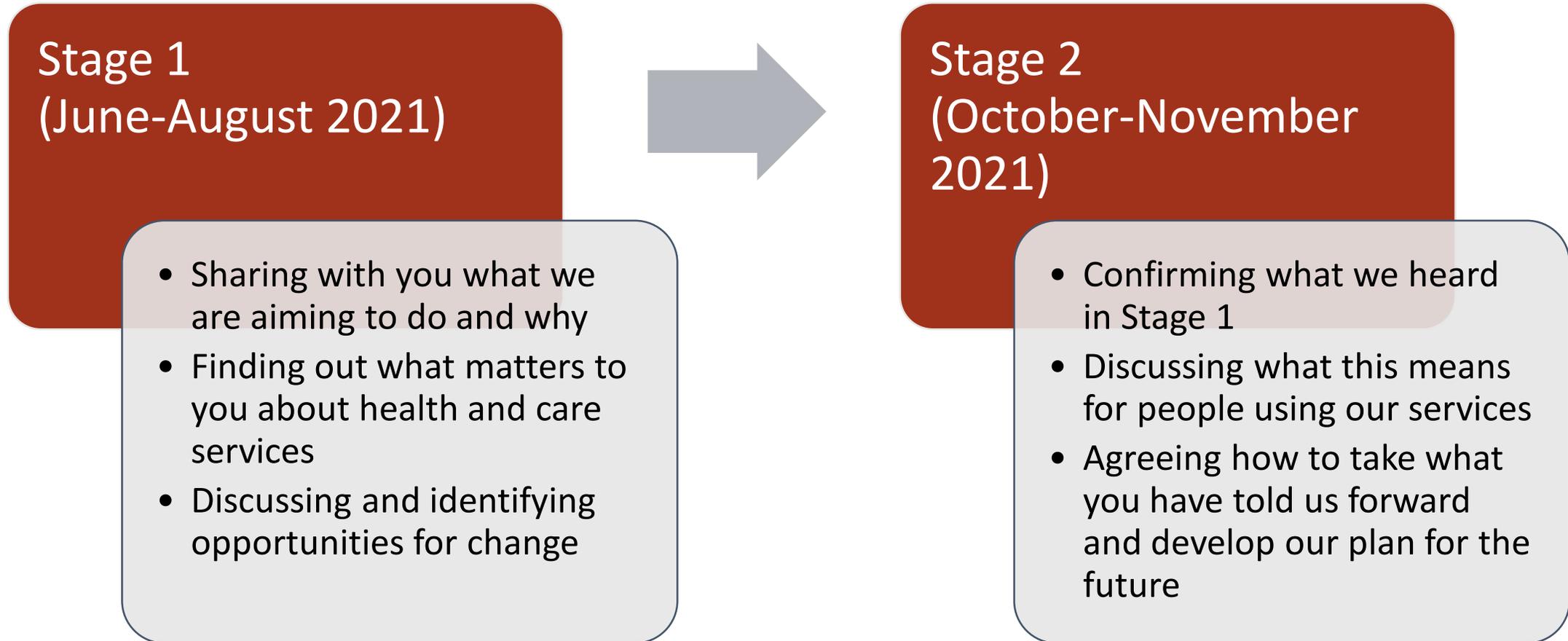


HSCP – Health and Social Care Partnership

IJB – Integrated Joint Board

When will we engage with you to seek your views?

There are two stages to our engagement process.



There will be a range of opportunities for involvement in different ways and different times throughout this process.

How can you get involved?

There are a range of ways in which you can choose to become involved and work with us...

Community groups/organisations:

- Request for a member of the Strategy Development Team to attend your group/organisation meeting
- Host a facilitated discussion within your group/organisations using this engagement pack and share your feedback with us by email (address below)

Individuals:

- Request to attend an engagement/discussion session
- Complete our online survey <https://bit.ly/3qtVKKU>

Up to date information, including engagement sessions, will be on our web page

<http://www.nhsgrampian.org/strategy2022-2028>

Contact email address: gram.involve@nhs.scot

What are we asking?

1. Can you think of 3 things that you liked or appreciated about any health and care services you have used, or were available in Grampian before COVID-19?
2. Do you have any worries, concerns or disappointments about any health and care services that you have used, or were available in Grampian before COVID-19?
3. Can you think of 3 things that you liked or appreciated about any health and care services you have used, or have been available in Grampian during COVID-19?
4. Do you have any worries, concerns or disappointments about any health and care services that you have used, or have been available in Grampian during COVID-19?
5. Thinking about the things that help to keep you (and those you care for) well and in good health, what are the 3 things most important things to help achieve this?
6. Do you have any worries or concerns about your (or anyone you care for) health and wellbeing? If yes, what are these worries, concerns or disappointments about?