

If you were in charge, what would you do?

The NHS is changing and it needs your help. As medicine advances, health needs change and society develops, the NHS has to continually move forward so that in 10 years' time we have a service fit for the future.

The NHS has recently published a new document called the Long Term Plan which will do just that. Drawn up by those who know the NHS best – frontline health and care staff, patients and their families and other experts – the Long Term Plan is ambitious but realistic. The plan sets out how services will develop over the coming years to improve people's health and wellbeing. It will give everyone the best start in life; deliver world-class care for major health problems, such as cancer and heart disease, and help people age well.

By 2023 the government will invest an extra £20billion a year in the NHS. Your local NHS wants to know what you would do to make care better.

If you were in charge what would you do?

How would you help people live healthier lives? From birth to old age? What would you do to help improve support for people?

To ensure that the plan reflects local needs and make sure that you, your family and your community get care when you need it, it's important that we hear your thoughts. Let us know about your recent experience of health and social care services. No matter how big or small the issue, we want to hear about it.

The Long Term Plan sets out a number of priorities/ ambitions of which a small number have been selected here for more detailed discussion. These have been selected as in a previous engagement exercise in 2017 members of the public in South Yorkshire & Bassetlaw said that these were areas of importance to them*. The links for the full Long Term Plan are below and you can highlight other areas that you would like to be taken into consideration in the shaping of the local plan by stating what they are in the final question of the survey.

You can find out more about the NHS Long Term Plan here:

<https://www.england.nhs.uk/long-term-plan/>

<https://www.healthwatch.co.uk/have-your-say>

*The 2017 South Yorkshire & Bassetlaw engagement report can be found here:

https://www.healthandcaretogethersyb.co.uk/application/files/9615/0305/4207/Summary_paper_to_the_collaborative_partnership_board.pdf



1. Are you happy to share your information and responses with Healthwatch?

By selecting Yes you are consenting to your responses being made available to your local area Healthwatch (e.g. Healthwatch Doncaster if you live in Doncaster or Healthwatch Barnsley if you live in Barnsley).

The information gathered from this survey will also be analysed and the findings and a report will be shared with Healthwatch England, the South Yorkshire & Bassetlaw Integrated Care System, NHS England and other partners. The engagement report will also be published on the South Yorkshire & Bassetlaw Integrated Care System website.

If you do not consent to these your responses being shared in this way, thank you for taking the time to consider completing our survey, please select 'No' and you will be taken to the end of the survey.

Yes

No

2. Where are you from?

Barnsley

Bassetlaw

Doncaster

Rotherham

Sheffield

3. Do you have any of the following?

Cancer

A mental health condition

A learning disability or autism

A long term condition including: arthritis, diabetes, heart or lung disease

No – I do not have any of these conditions

4. The NHS Long Term Plan outlines commitments to Prevention, and Promoting Independence and Self-Care:

The Long Term Plan outlines that they want to get better at helping people to **stay well or 'preventing avoidable illness'**.

This includes things like:

- helping people to stop smoking
- helping people to be a healthy weight (which helps prevent diabetes)
- helping to lower pollution – this is about the air we breathe (and reducing the number of people who go into hospital because of breathing problems)
- lowering the number of people who need to go to hospital because of drinking too much alcohol

It also makes a commitment to people getting more control over their own health and more personalised care when they need it.

The NHS will support and train staff to have conversations which help patients make the decisions that are right for them, creating genuine partnerships between patients and professionals and ensuring patients are engaged in decisions about their health and wellbeing.



Increasing the number of Personal Health Budgets (where people get control of the funding that would be spent on them to make their own decisions about what would best improve their conditions) is also planned.

Over the next five years the NHS will increase support for people to manage their own health. This will start with diabetes prevention and management, asthma and respiratory conditions, maternity and parenting support, and online therapies for common mental health problems. There is a commitment to increasing social prescribing, which is where patients can be prescribed a variety of activities such as volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports, as a way of giving people access to wider, less health-focused ways for them to improve their health.

There is also a commitment to improve personalised care at end of life ensuring people are supported to receive the best quality care and die in the place they chose.

Do you agree those are the right things to focus on?

Yes

No

Please explain why



5. Please tell us how important the following statements are to you in relation to staying healthy.

	Not Important at all	Not Important	Neither Unimportant or Important	Important	Very Important
I can get support to stay healthy (such as healthy eating/ stop smoking advice)					
My community can support me to live my life the way I want					
My family and friends have the knowledge and skills to support me					
I work in partnership with my GP/ other health professional to get the care that is right for me					

6. To be able to take greater care and control of your health, what would you need? What could services do differently?

7. Have you ever tried to use local services that help you manage your own health and care needs and offer you support? (This might include local support groups and networks, community pharmacies or community activities and events)

Yes (move to question 8)	No (move to question 10)
---------------------------------	---------------------------------

8. When you tried to use local support groups and services to help you manage your health needs, what worked well?

9. Could anything be improved?

10. Mental Wellbeing and Emotional Health
Have you used local services and support to help manage your mental wellbeing and emotional health or do you care for someone who has used those local services?

I have used local services and support for myself	I care for someone who has used local services and support	I have not used any local services or support	I care for someone but they have not used any local services or support	Other (please state)
--	---	--	--	-----------------------------

11. Mental health service investment across England will increase by £2.3 Billion by 2023/24. The NHS Long Term Plan outlines commitments to Mental wellbeing and Emotional and Physical Health, including:

Expansion of crisis services, including ensuring they are available 24/7 for adults and children

The creation of new mental health support teams in schools and colleges

Increasing funding into children’s eating disorder services

Expanding specialist mental health services for pregnant and post-natal women

Creating new, more joined up, ways for professionals to support those with serious mental illness



Creating the best care environments for people who need to stay in hospital to receive mental health care and support

Expanding employment services to support those with mental health conditions who wish to work to find and keep suitable employment

Introduction of a new waiting time target for mental health services

Increased focus on suicide prevention

Do you agree these are the right things to focus on?

Yes

No

Please explain why

12. Do you think people's physical and mental health should be treated together?

Yes

No

Please explain why



13. Please can you tell us how you would rate the helpfulness of each of the following proposals

(5 = most helpful, 1 = least helpful)

	1 – least helpful	2	3	4	5 – most helpful
Mental Health support for children and young people available and in place in schools and colleges?					
Access to online services which can help you to stay well					
Different options for people in a mental health crisis e.g. where to access support to manage their crisis					
More services in communities					

14. If you or someone you care for, has already accessed help and support for mental wellbeing and emotional health, what worked well?

15. If you or someone you care for, has already accessed help and support for mental wellbeing and emotional health, what would you like to see improved?

16. The NHS Long Term Plan outlines commitments to improve local, in your neighbourhood, care with spend on these services to be at least £4.5billion higher in 5 years time.

Some of the key areas include:

New Urgent Community Response Services – so that community based teams can respond within 2 hours to support people with the highest needs (such as people with Long Term Conditions) and reduce the chances of them needing admission to hospital

Improved reablement care –giving people the care they need within 2 days to help ensure timely transfer from hospital to community

Primary care networks will bring together GP practices to support the needs of their neighbourhoods. The network teams will also include pharmacists, district nurses, community geriatricians, dementia workers, physiotherapists, podiatrists, chiropractors, social care and voluntary sector staff as well as GPs. As well as working together they will be expected to take a forward-thinking approach to health by 2020/21 through looking in depth at what the needs of their local population are and making sure the services fit those needs

Upgrading NHS support to care home residents – including ensuring each care home is supported by a consistent team of health professionals, that residents get regular pharmacist led medicines reviews, and providing more timely, responsive emergency support

Greater recognition and support for carers

Extending independence as we age – through greater use of tools to identify people living in communities who are most ‘at risk’ of becoming unwell, and through the use of new technologies such as home based, wearable monitoring equipment

Do you agree these are the right things to focus on?

Yes

No

Please explain why



Share your views and help make local NHS services better

what
would you do?
It's your NHS. Have your say.



Share your views and help make local NHS services better

what
would you do?
It's your NHS. Have your say.



Share your views and help make local NHS services better

what
would you do?
It's your NHS. Have your say.

17. Please tell us how important the following statements are to you in relation to local neighbourhood care.

	Not Important at all	Not Important	Neither Unimportant or Important	Important	Very Important
Developing more rapid community response teams to prevent unnecessary hospital spells and speed up discharges home					
Improving the recognition of carers and all the support that they provide					
Giving more people more say about the care they receive and where they receive it, particularly towards the end of their lives					
Easier access to primary care - Community Pharmacies, Dentists, Opticians and GP surgeries					

18. How could health and care services in your community/local area work better together?



19. The NHS is keen to increase the use of more 'digital' ways of using local services.						
Please tell us which of the following statements are important to you when interacting digitally with the NHS? (You can tick as many boxes as you want)						
I have absolute confidence that my personal data is managed well and kept secure	I can access services using my phone or computer	I can talk to my doctor or other health care professional wherever I am	I can make appointments online and my options are not limited	Any results are communicated to me quickly making best use of technology	I manage my own personal records so that I can receive continuity in care	I am able to talk to other people who are experiencing similar challenges to me to help me feel better
20. Do you have any other comments about accessing the NHS using digital and online services?						
21. Is there anything else that you would like to highlight to those planning the South Yorkshire & Bassetlaw 5 year strategy?						
22. Please can you tell us a bit about yourself.						
What is your age?						
Under 18	18-24	25-34	35-44	45-54	55-64	65+
23. What is your ethnicity?						
24. Do you have a disability?						
Yes			No			
25. What is your gender?						
Male	Female	Non-binary	Prefer not to say	Other (please specify)		

