



Mid and South Essex
Integrated Care
System

Integrated Care Strategy

Easy-read summary



About the Mid and South Essex Integrated Care System (ICS)



The Mid and South Essex Integrated Care System brings together local organisations who support people with their health and care.



These include the NHS, local Councils, community groups and charities.



We all want to work together to improve health, care, and wellbeing for everyone who lives here.



Mid and South Essex
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Mid and South Essex Integrated Care System was formed on July 1, 2022.

**1.2
million**

We provide health, care, and wellbeing services to more than 1.2 million people.



One of our first jobs was to develop a strategy to set a vision for health and care over the next 10 years.



This work has been done by the Integrated Care Partnership.



This include organisations such as:

Essex County Council

southend
onsea
BOROUGH COUNCIL

THURROCK
COUNCIL

Local Councils

Provide

NHS
Essex Partnership University
NHS Foundation Trust

NELFT NHS
NHS Foundation Trust

NHS
Mid and
South Essex
NHS Foundation Trust

NHS Trusts

healthwatch
Essex

healthwatch
Southend

healthwatch
Thurrock

Healthwatch



Integrated Care Systems (ICSs) are partnerships of organisations that plan and deliver joined-up health and care services.

42



There are 42 ICSs across England.



Our Integrated Care System is made up of 2 main committees:



Mid and South Essex
Integrated Care Board

Integrated Care Board.

This is often called 'the ICB'.



The ICB is an NHS organisation responsible for meeting the health needs of the local population.



The ICB manages the NHS budget and arranges health services in mid and south Essex.



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Integrated Care Partnership.

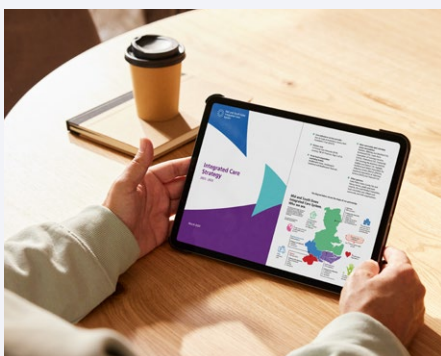
This is often called 'the ICP'.



The ICP includes all NHS services and councils with responsibility for children's and adult social care.



Many partners also support the Integrated Care Partnership.



The ICP must produce an Integrated Care Strategy setting out the ambitions.



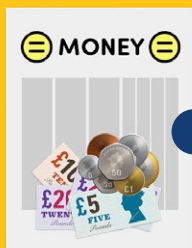
The Government has asked all Integrated Care Systems to work on 4 key priorities.



● Improving health outcomes for everyone



● Tackling inequalities




● Achieving more but not spending more money



Supporting social development and developing the local economy.

 **System Challenges**

-  Challenge 1
-  Challenge 2
-  Challenge 3
-  Challenge 4

This is a time of great challenge across the health and care system.



There is more demand for health and care services.



Many people who work in health and social care services are tired having worked hard through the COVID pandemic.

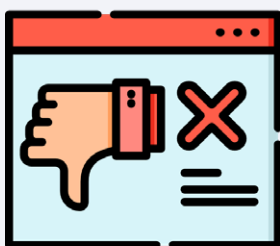


There are fewer staff available.



We have to make sure we spend money in the right places.

Not working anymore



The things we have done do not always work anymore.



We must do things differently to meet our challenges and make things better in the future.



We spoke to lots of people about our strategy and 3 themes came up again and again:



1

Inequalities – particularly in Basildon, Thurrock, and Southend



2

Growing and ageing population impacting on health conditions such as:



Dementia



Diabetes



Cancer



Lonely

Care

This leads to challenges as people can be lonely

We also need to bring care closer to home.



3

Mental health conditions

The Mid and South Essex Integrated Care Strategy



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The Mid and South Essex Integrated Care Strategy explains what we aim to do over the next 10 years.



It explains the difference we can make by working together.



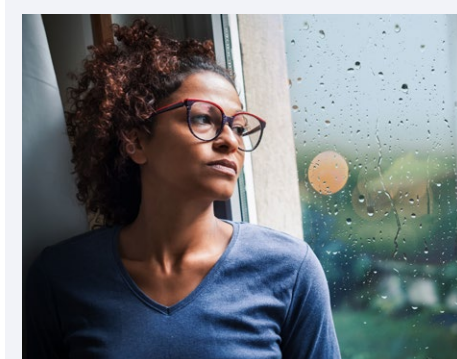
It tells you what we are trying to do to improve health and care for people who live and work in mid and south Essex.



We know we won't make things better just by changing how we deliver services.



We can make things better by working together to improve the things that affect people's whole lives.



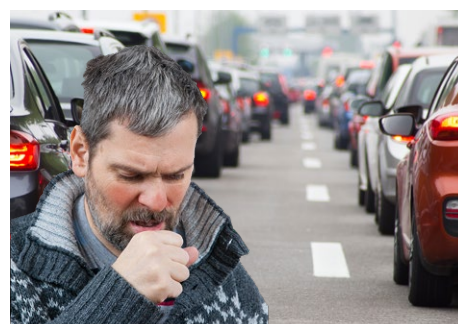
We also need to look closely at things that impact people's health and wellbeing, such as:



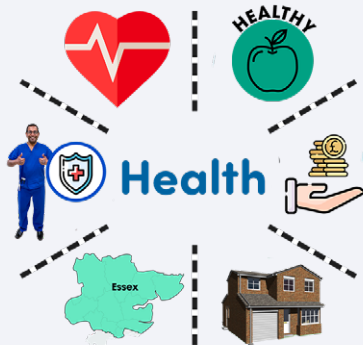
Poor housing



Becoming unemployed



Poor environment



These are known as the **wider determinants of health** and are affecting people more than ever before.



If we can improve the **wider determinants of health**, we can improve everyone's health and wellbeing.



We can then reduce unfair **health inequality**.



The main theme of our strategy is to tackle **inequalities**.

Inequalities are the differences in health and care outcomes between different groups.

Why change is needed



The local population is set to grow in the next 15 years

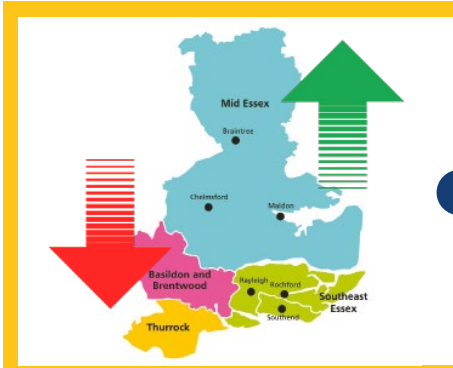


Ageing population

There will be more people over the age of 75



People are living longer, but often not as healthily



People in our wealthiest areas live longer than those in our poorest areas and have better health

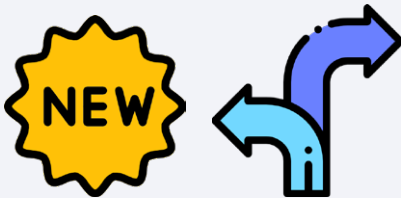


We need to be careful with money.

Our ambition



In our strategy, we talk about how we will make things better.



New

Different

We need to do new and different things.



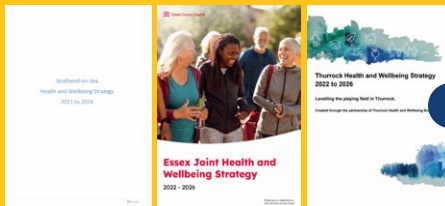
We will work with people who live in mid and south Essex to help themselves.

We will need to work with lots of different organisations.

What is important



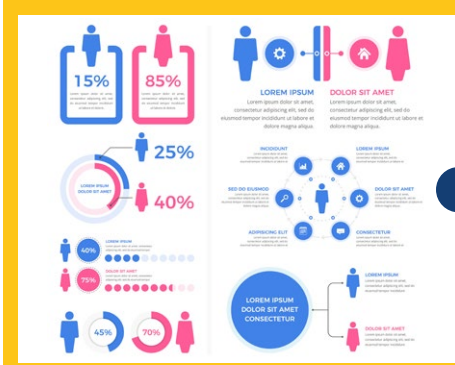
Our strategy priorities have been developed through engagement with the communities we serve by talking to people who live and work in mid and south Essex. We have also looked at:



● **Local Health and Wellbeing Strategies**



● **National guidance about how to develop a good Integrated Care Strategy**



Statistics about the health and wellbeing of those who live locally.



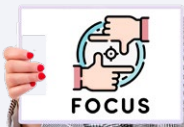
What is important to us as partners:



Recognising that health and wellbeing is affected by many things (the wider determinants of health)



Improving health and care outcomes for adults



When improving adult care we will focus on:



● **The ageing population**

**Mental
health**



● **Mental health and suicide prevention**



● **Learning disabilities and autism**



3

Improving the health and wellbeing for our babies, children and young people.

We will focus on:



Maternity (support when families are having babies)



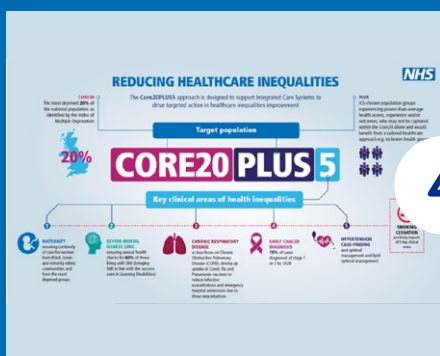
Mental health



Special educational needs



Supporting nurseries, schools and colleges



4

The Core20PLUS5 framework



This recognises the groups who experience the greatest health inequalities.



The framework provides a strong starting point for our actions to address inequalities.



What is important to our community:



1 Access to health services



Open



Honest

2

Openness

Being open and honest with each other when things aren't working



3

Involvement

Creating more opportunities for people to be involved in their own care and the work of our Partnership



Awareness

4

Supporting people to better understand the health and care system



Responsibility

5

Encouraging people to look after themselves and helping to build strong communities.

Working together



To deliver this strategy we need to work differently together.

Key to this will be:



● Including lots of people in our partnership



● Regular conversations with local people and partners



● **Having the space and time to develop good relationships**



● **Being very clear about what we want to do and reporting regularly.**

Making a difference



If we are successful people will:

**Healthy
& happy**



Be supported to live a healthy and happy life



Find it easier to access the health and care services they need and have more say over the services they receive



Get the right care at the right time from good staff.



In the strategy, we provide more detail about the things we hope to achieve.



All our local partners have helped develop our first Integrated Care Strategy.



It is important it can change over time as local needs change.

Accessible
to all



We want it to be a good strategy that is accessible to all.



This will help people to be part of the work of the Integrated Care Partnership in the future.



We only make the changes needed by working better together.



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A co-production group worked together to make this easy-read document.

We created this document as people who are:

“Chilled, relaxed, kind, helpful and caring”

“Creative and committed”

“Kind and generous with my time to others”

“Passionate, approachable and dedicated”



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