



Mid and South Essex
Integrated Care
System



Mid and South Essex

Joint Forward Plan

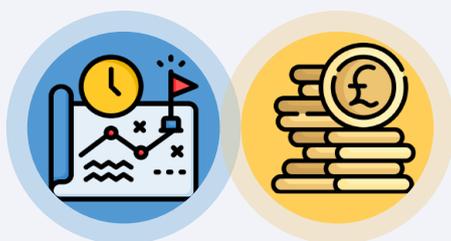
2023-2028



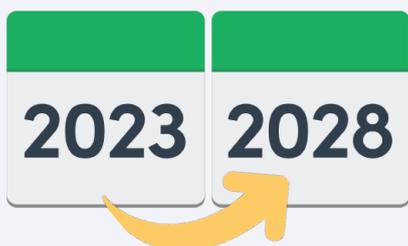
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The NHS Mid and South Essex Integrated Care Board



This easy-read booklet explains how the NHS wants to plan and fund its services in mid and south Essex.



The booklet is about the five years between 2023 and 2028.



[Click here to read more about the plan](#)



Mid and South Essex
Integrated Care Board

The part of the NHS which does this planning is called:

The NHS Mid and South Essex
Integrated Care Board.

'The Board'

In this booklet we will call this:

The Board

The challenges facing The Board



The Board faces lots of challenges on how to plan and fund our local NHS between 2023 and 2028.



There is not enough staff for all the NHS services we need.



We struggle to keep up with the best healthcare for some patients.



More people are staying for a longer time when they go into hospital.



More people are using health services in mid and south Essex.



More people with long term conditions are struggling to cope at home.

Then they come into hospital.



We spend more money than we are given from the Government.



We do not have enough money for looking after all our buildings and equipment.



This means people are not getting the best care.

Our Vision



We have a vision for health and social care services between 2023 and 2028.

NHS

Councils Voluntary



We are the NHS, local Councils and voluntary organisations in mid and south Essex.

Health

Care

Housing



This vision is about what matters to people living when they use:

The NHS, social care and housing services.

**Our
vision**

Our vision is about:



1 Organisations in health and social care working better together



2 Every person having enough information to understand the decisions they make about their care



3 Providing joined-up health and social care services when and where people need them



The Board has asked local people and the organisations we work with about what we need to do.



Some of the things we have heard include:



Quicker and easier access to things like:



Social Services



GPs



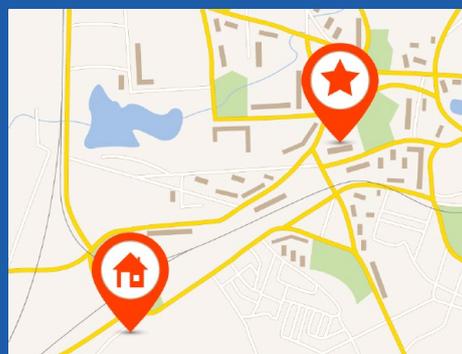
Dental Services



Pharmacies



Organisations must work together more.



Services should be closer to where people live.



People want to be more involved in the decision making around their care.



Make sure we understand what staff we need in the future.

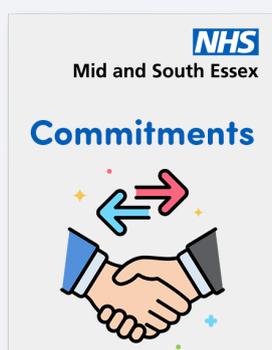
Our Commitments



A commitment is a promise to do something.



To make our 2023-2028 vision work - the NHS, our local Councils and voluntary organisations have made 24 commitments.



Here is a link to the document where you can see all 24 of the commitments.



Here are some of them:



The NHS, local Councils and local organisations will work together as one system of care in 4 areas.



We call these areas Alliances.

The 4 areas are:



Mid Essex



South East Essex



Basildon and Brentwood



Thurrock



Give more people a better chance of a healthy life no matter where they live.

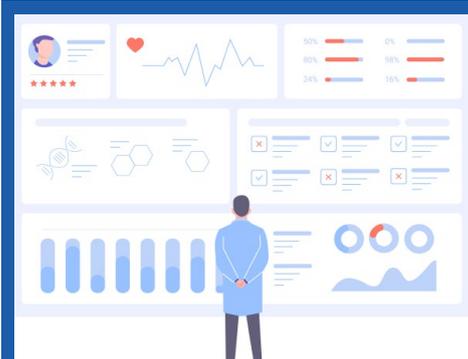


Have local neighbourhood teams that bring together the NHS, local councils..

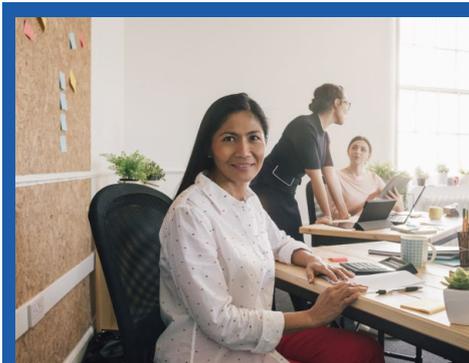
..as well as every other organisation they work with.



Spend more money to help people stay well and stop them becoming unwell.



Connecting information from across all health and care organisations.



Spend more money to support the voluntary and community sector.



Support everyone to feel included in what happens in our health and care system.



The leaders of all the local NHS organisations will work together on these commitments.

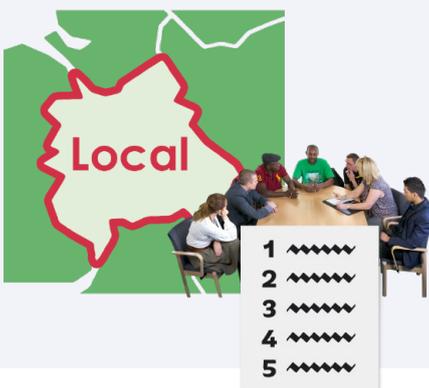
Working in local communities



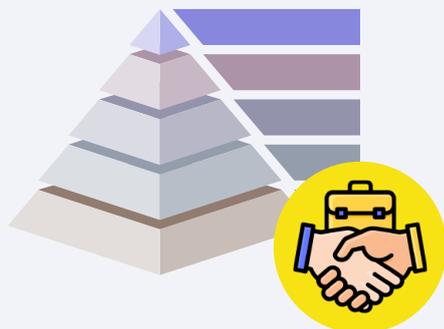
GPs, pharmacies, dental services and local community services will work as a team.



These teams will work together in smaller neighbourhood areas.



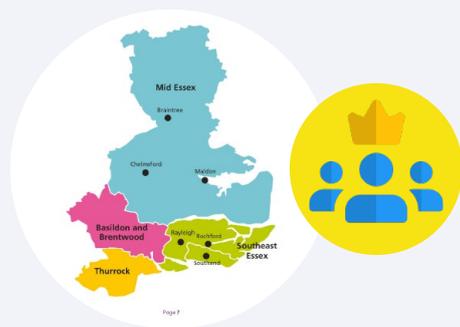
Because fewer people are living in these areas the teams are better at solving local problems.



Services will work together at every level and avoid repeating the same task.



Part of our plan is called **Stewardship**.



Stewardship is unique to Mid and South Essex.

Stewards



It brings together NHS frontline and support staff, managers and residents together as **stewards**.



The stewards work together to improve their specialist health areas.



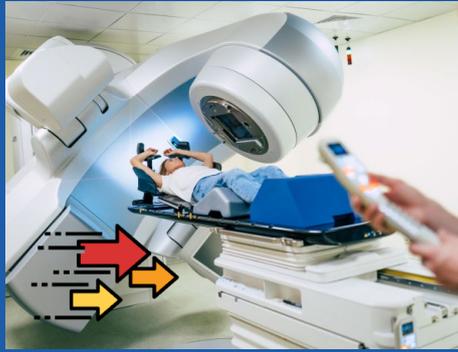
Examples of specialist health areas are cancer services and emergency care.



Stewards pull together their knowledge and resources.



Examples of stewardship work:



Cancer:

A faster approach now exists to let patients know if they have cancer or not.



Ageing Well:

In mid and south Essex the NHS can now connect with 8,000 older and frail people using an electronic system.



There is also a new phonenumber for specialist advice.



This Ageing Well work helps to keep older people at home rather than going into hospital.

Our Enablers



To improve the health of our population we know that the NHS has to work with others in partnership.

This includes:



Health and social care professionals



Service providers



Local People



Public Health teams



Local Councils



An **enabler** is a way of working that makes something possible.



Here are some of the **enablers** to improve the whole system of health and social care in mid and south Essex:



Helping frontline services to understand current and future health and care needs.



NHS clinicians making sure the local neighbourhood systems work.



Making sure that NHS buildings are a nice place to be and are well maintained.



Making sure that money is being spent wisely.



Developing good IT and data systems to support patient care.

Population Health



Population health targets everyone who lives in mid and south Essex.

Population Health Improvement Board



We have set up a Population Health Improvement Board.

This brings together our partners to work together on:



Reducing health and social care inequalities.



Preventing illness and treating illness early on.



Personalised Care.



The Board will:

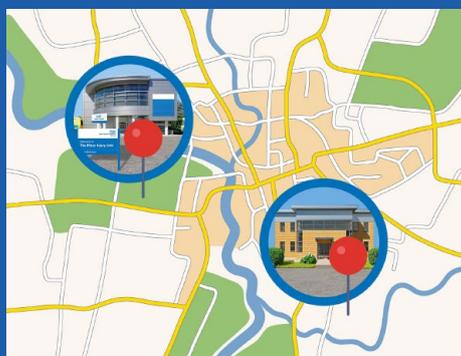


Think about the whole person, their mental and social situation and not just the symptoms of an illness.



Use data to:

- identify where more services are needed
- make sure services are provided fairly.



Map out where local buildings and services are and identify where more are needed.

Our Voice!



Listen to what local people say about health and social care and work together to improve them.



The Board will fund services to create an equal chance for everybody to live well.



We shall do this by:



Working hard in the 20% of communities where people do not have the things that are needed for a good life.

Such as:



Not having enough money



Not having enough good food



Poor living conditions



Working with groups of people who do not have access to good health care.



Focusing our efforts on 10 areas:



Maternity



Severe Mental Illness



Respiratory disease



Early cancer diagnosis



High Blood Pressure



Asthma



Diabetes



Epilepsy

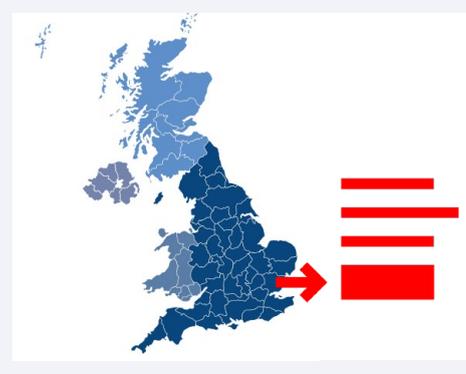


Oral Health



Mental Health

Improving our performance



We know that many of our services are below national standards.



We have a number of long-term plans in place to do better for 22 health conditions.



You can see the plans for these conditions in the full Joint Forward Plan.



We also have plans across the whole health and care system about:



Tackling Violence and Aggression against Women and Girls.



Joining up the leadership of our organisations into a single system.



Removing traditional barriers between services.



The Board will do this by:



Making action plans for all commitments and priorities in the 2023-2028 plan.



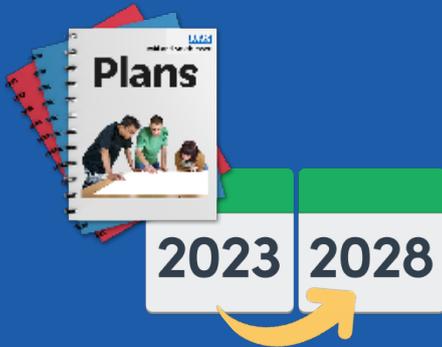
Carefully checking if we are doing what we said we would do.



Continuing to work with partners and local people on making the 2023-2028 plan happen.



Making sure that how we work lines up with our commitments.



Having plans for the next 1–3 years, to help us to understand what we are going to do over the next 5 years.



If you need information or documents in a different format such as large print, Braille or audio file, please get in touch by e-mail or phone.



e-mail: mseicb.enquiries@nhs.net

Phone: 01268 594350



Mid and South Essex
Integrated Care
System



Mid and South Essex



For more information please visit: www.midandsouthessex.ics.nhs.uk



To get involved, please e-mail: mseics.getinvolved@nhs.net

**A co-production group worked together to make this easy-read document.
We created this document as people who are:**

“Passionate, approachable and dedicated”

“Chilled, relaxed, kind, helpful, committed and caring”

“Supportive and kind with a good eye for detail”

“Kind, generous, funny, caring and committed”



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