

# Easy read newsletter



**Changes to the NHS to help you get the right care in the right place at the right time**

# Hello



There is lots of information in this newsletter.

We have tried to make it easy to read.

## Hard words

We put hard words in **purple**. We explain the hard words.



Sometimes you will see blue web links and emails to find out more. You can click these on your computer. Or if you have a paper copy you can type them into your computer to follow the link.

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# Why things are changing in the NHS in England



The Government is making some changes to the way the NHS works.



The changes will be in a new law called the Health and Care Act 2022. It will come out in April 2022.



In England a lot of money is spent on the NHS every year.



It needs good planning to spend the money well and make sure everyone gets the best health services possible.



The law will change how we plan and pay for services. Planning and paying for services is called **commissioning**.



We want the planning of your health services to be done near you, by people who know your local area well.



We also want different services to work together more so it's easier to get the services you need.



This includes social care and voluntary services, like charities.



Health services will still be free to you.



It is important to know about these changes.

This will help you get involved in your local area if you want to.

You can make some notes here

A graphic of a spiral-bound notebook with a black cover and silver spiral binding. The pages are white with horizontal lines. The notebook is positioned vertically on the right side of the page.

# The NHS and other services working together – integrated care systems



There are lots of different organisations that can help when you are ill or need support. This can be confusing. This can be different NHS services, the council or charities.



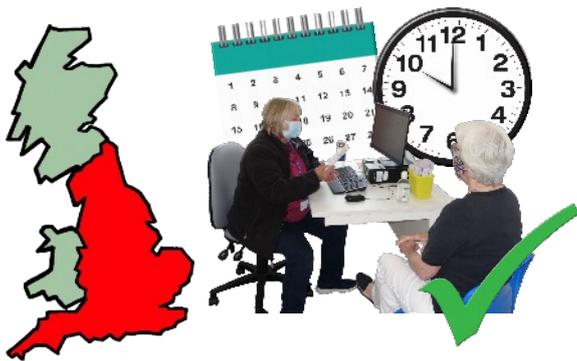
Sometimes the people working in different organisations find it hard to work together.



We think that all the organisations involved in health and care where you live should work together. These are called **integrated care systems** or **ICS** for short.



An **integrated care system** will make it easier to get the right care at the right time from the right people.



In some places people have already been working in this way but now it will happen everywhere in England.

There are 3 main ways that services are going to work better together –

1. Health and social care will work together more. This includes:

- organisations or services run or paid for by the NHS - like hospitals
- councils
- voluntary and community organisations (like charities)
- and other social care services like supported living.





2. Services that help with your thoughts and feelings (mental health) and services that help with your body (physical health) will work together more. This will help you get the right support.



3. Local doctors (GPs), pharmacies (chemists) and hospitals will also work together more and share ideas.



This is to make sure you get all the care and treatment you need at the right time.



They will also work with you, your family or anyone else who supports you.



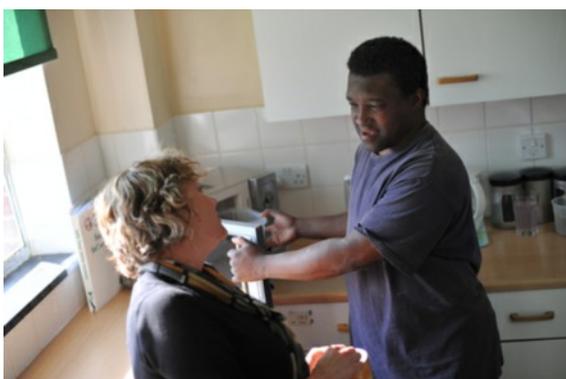
The government plans for **integrated care systems** to be working across all of England by April 2022.



They will share resources (like money) to make sure that you can get the care and support you need.



For example, in one area, local doctors (GPs) and the council are working together to support people with their mental health (their feelings and thoughts) and their physical health (their body). They have link workers that are helping with practical things like being lonely.



Another area has local teams. They include local doctors (GPs) and therapists helping people get support at home instead of having to go to hospital.



And one area is working on a new app to use on a mobile phone that will make it easier for children and young people to use health services. This will help them get the support they need, sometimes called reasonable adjustments.



There are now 42 **ICSs** covering all of England.



There will be a group of people from the NHS and social care working together to:

- make sure plans are put into action
- check that all the organisations are working well together.





Each **integrated care system** will:

- help people in that area live longer, happier lives
- make sure everyone gets good healthcare and support so that it's fair for everyone
- help everyone get the right support close to home.



**ICs** are about planning health and care services based on what people need in your area.



They will work with local people to decide what to do in your area.

So each one will be a bit different.



We will support each **ICS** to have a learning disability and autism champion.



The champions will help plan and buy better support services for people with a learning disability and autistic people.



We have made a short video that tells you more about integrated care system. You can watch it here: [tinyurl.com/ICSystemVideo](https://tinyurl.com/ICSystemVideo)

# Changes to how the NHS plans and pays for some mental health, learning disability and autism services - NHS led provider collaboratives



It is important that you get the right care and treatment if you need support with your thoughts and feelings.



If you are very unwell with your feelings or might be in danger of hurting yourself or someone else, you may need mental health support in a hospital.



These hospitals can help with things like:

- when you need help with your mental health and might be in danger of hurting yourself or someone else. Some patients are sent to these hospitals by a court because they have been charged with a criminal offence



- serious eating issues
- mental health for children and young people who are seriously poorly with their feelings.

These are called **specialised mental health, learning disability and autism services**.

## Planning and paying for these mental health services



To make sure you get the best support when you need it, that is closest to your home, services are starting to work together in a new way.



The money for buying specialised mental health services will go to local **NHS mental health trusts** who manage these services. NHS England and NHS Improvement used to buy these services.



NHS mental health trusts will plan and pay for these specialised mental health, learning disability and autism services for people who live in their area. This is called **commissioning**.



They will do this by working together with other organisations who run services in your area. These organisations are called **providers**.



A group of local services working together like this is called an **NHS-led provider collaborative**. **Collaborative** means working together.

They:

- are led by an NHS trust
- could include other organisations which could be NHS or not NHS - like private companies or charities.

**NHS**





Staff in the trusts will work with the people who use these services, and families and carers to make sure the services are good.

### **NHS-led provider collaboratives**

may work with other local organisations or groups to make sure people get support at home or in their local area when they leave hospital. By working together in this way, they can make sure that:

- people are cared for close to home
- people are involved in decisions about their care
- people are involved in decisions about how their local service is run
- care is connected to people's local support and their community
- all the people in their area get the right care and are safe.





We have made a short video that tells you more about **NHS-led provider collaboratives**. You can watch it here: [tinyurl.com/NHSProviderCollabVideo](https://tinyurl.com/NHSProviderCollabVideo)

You can make some notes here

A spiral-bound notebook is shown from a top-down perspective. It has a silver metal spiral binding along the top edge. The notebook page is white and contains 15 horizontal grey lines for writing, spaced evenly down the page.

# Your local health services working together differently – primary care networks



The first places to get help when you have a health problem are usually your:

- doctor or GP
- chemist or pharmacy
- eye doctor or optician
- dentist.



These are usually services close to where you live. They are sometimes called **primary care services**.



Services need to work well together to make sure you get the healthcare you need.



This is even more important if you are disabled or have more than one health condition.



It will help you live a longer and healthier life.

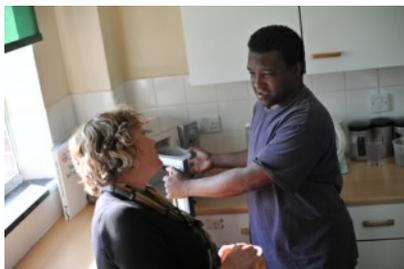


When many local doctors' practices work together and with other health services it is called a **primary care network**.

A **primary care network** can include:

- community services like learning disability nurses and physiotherapists
- mental health services who support you with your feelings





- social care who give support with day to day living



- voluntary organisations like charities that can put you in touch with other organisations giving support in your area.



**Primary care networks** try to make it easier for people in each area to get the support they need as easily as possible.



They help share things like:

- some specialist machines like x-ray machines
- your information, so you don't have to keep telling people the same things





- new staff to help give you the right care more quickly



- staff with the right skills for what you need, like having a trained physiotherapist or other trained staff.



There are lots of different people who might work in a **primary care network**.



They will help make sure you get to see the right person for what you need, this may not be a doctor.

Some of these people are:



- **clinical pharmacist** - a type of chemist who has lots of training about medicines



- **physiotherapist** – someone who helps to look after your muscles, bones and joints. They might help you with pains in your body
- **paramedic** – someone who comes to you when you need it
- **health care assistant** – someone who can do some of the things a nurse can do. Your appointment might be with a health care assistant instead of the nurse for some things
- **social prescribing link worker** – someone who can help you find support in your local area from different groups or charities. This could be practical support with finding a social or interest group
- **mental health worker** - someone who helps you with your thoughts and feelings.

# Getting involved in your primary care network



**Primary care networks** want to hear from and involve local people in their work.

This will be different in every area.

To get involved with your local network, you can:



- ask your doctors' receptionist if you can join the public participation group. These are groups you can join to help make your doctors' practice better
- ask to get any news from your doctors' practice, this might be an email they send out to lots of people
- look on your doctors' website, to see how they are involving people in **primary care networks**





- talk to your local Healthwatch. These are groups which find out what people think of health and care services to improve them.



To find your local Healthwatch look on their website:

[tinyurl.com/yourlocalhealthwatch](http://tinyurl.com/yourlocalhealthwatch)



## More information

We have made a short video that tells you more about primary care networks. You can watch it here:

[tinyurl.com/primarycarenetwork](http://tinyurl.com/primarycarenetwork)

# Time to get your vaccines to have a healthy winter



Viruses like flu and coronavirus can make you feel poorly.



People with a learning disability are more likely to become very poorly if you catch flu or coronavirus.



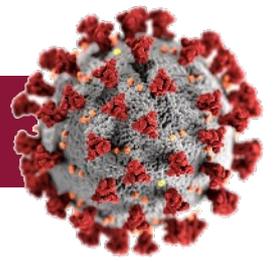
Having a vaccine is the best way to help you stay healthy this winter.



We have made a short video that tells you more about why vaccines are so important. You can watch it here:

[tinyurl.com/FilmAboutVaccines](https://tinyurl.com/FilmAboutVaccines)

# Coronavirus



You might be asked by your doctor to go for an extra coronavirus vaccine. Sometimes this is called a **booster**.



The coronavirus vaccine is free.



# Flu



Having your flu vaccine is more important than ever this year. As we start to go out and about more, lots of people may catch flu and become very poorly.



For most adults, the best way to have the flu vaccine is by injection. This will protect you the best.



Children and young people can have their flu vaccine by a spray up their nose.



There is more easy read information about flu vaccines on the government website:

[tinyurl.com/FluEasyReadInfo](https://www.gov.uk/guidance/flu-vaccines-for-people-with-learning-disabilities)



Family carers and paid support workers should also have their flu vaccine so they don't pass it on to you.



Flu jabs are free for lots of people, just make sure you are on the learning disability register at your doctors practice (GP) or registered as a carer, if you are a main carer or receive carers allowance.



Please ask at your doctors if you need help getting on the register.



You will receive a call, a letter, or a text message to tell you to book your appointment for a flu vaccine.

You can write down the date, time and where you will get your vaccine here.

## Flu injection

Date:

Time:

Place:

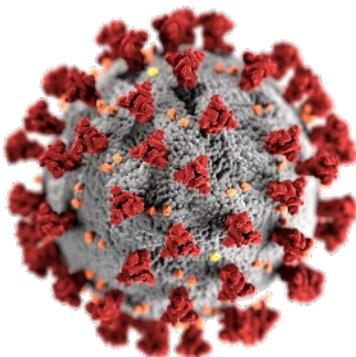


## Covid booster injection

Date:

Time:

Place:



# Thank you



That's the end of our easy read newsletter.



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You can tell us if there is something you would like to see in future newsletters. You can phone or email.

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making easy read information.



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The learning disability and autism engagement team

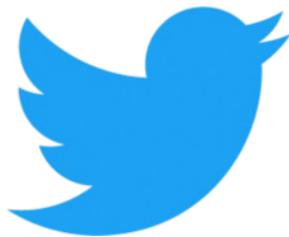


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