

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



What Would You Do? Published July 2019

People's ideas and experiences to help the local Sustainability and Transformation Partnership develop their response to the **Long Term Plan**.



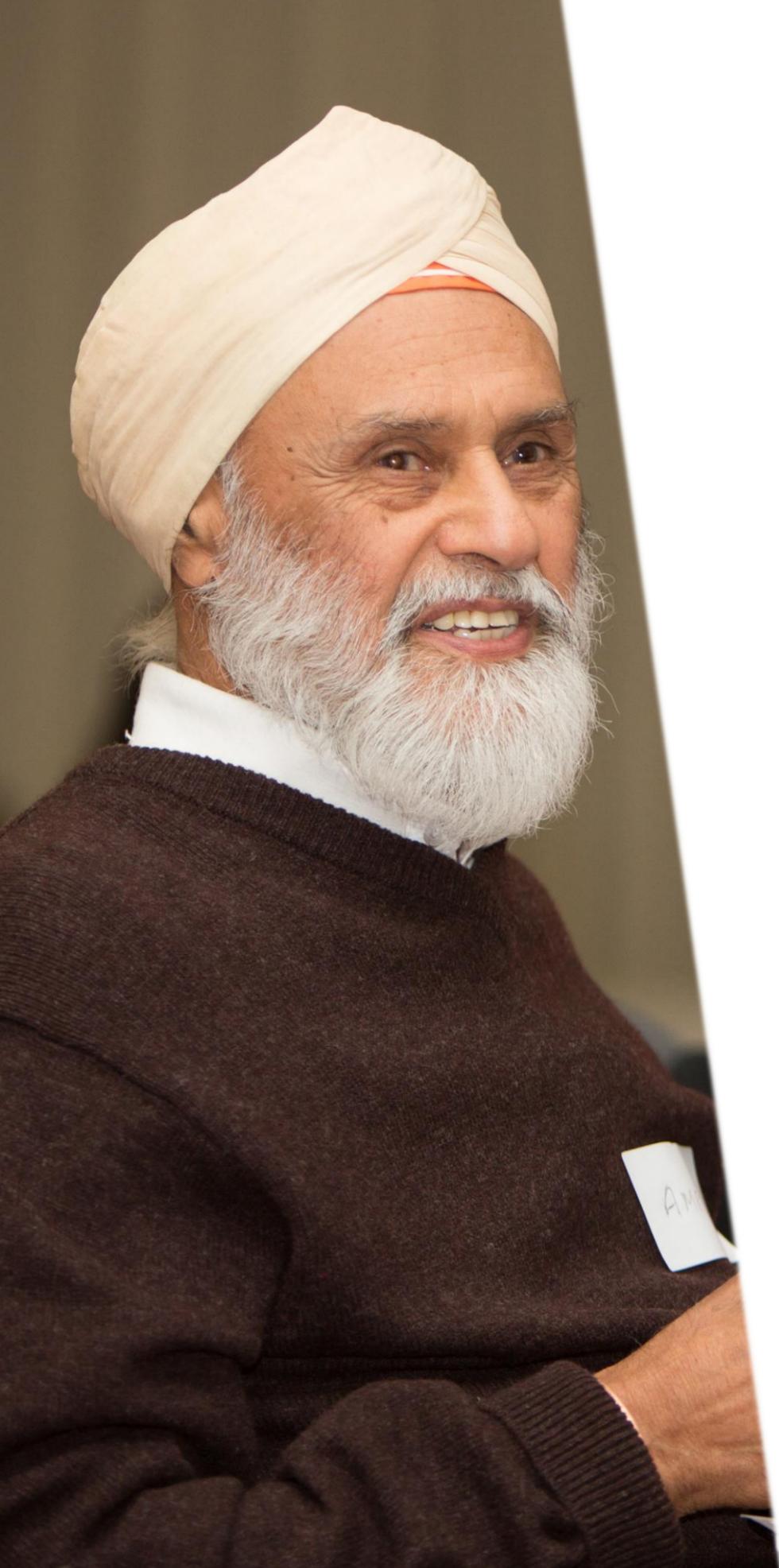


The NHS Long Term Plan sets out priorities for health care in England over the next 10 years.

It says how £20bn of extra funding will be spent - money announced by govt.

Published by NHS England - Jan 2019





What we did

We spoke to 800+ people across Cambridgeshire and Peterborough.

- Visited 50 community events to talk to those who use health and care services the most.
- Ran a series of focus groups, including conversations with disabled people and LGBTQ+ people.





What people want

Faster, easier access to GP services and clear information to help them manage their health.

“Easier way to access GP and make appointments, better opening times. Longer time given with each person.”



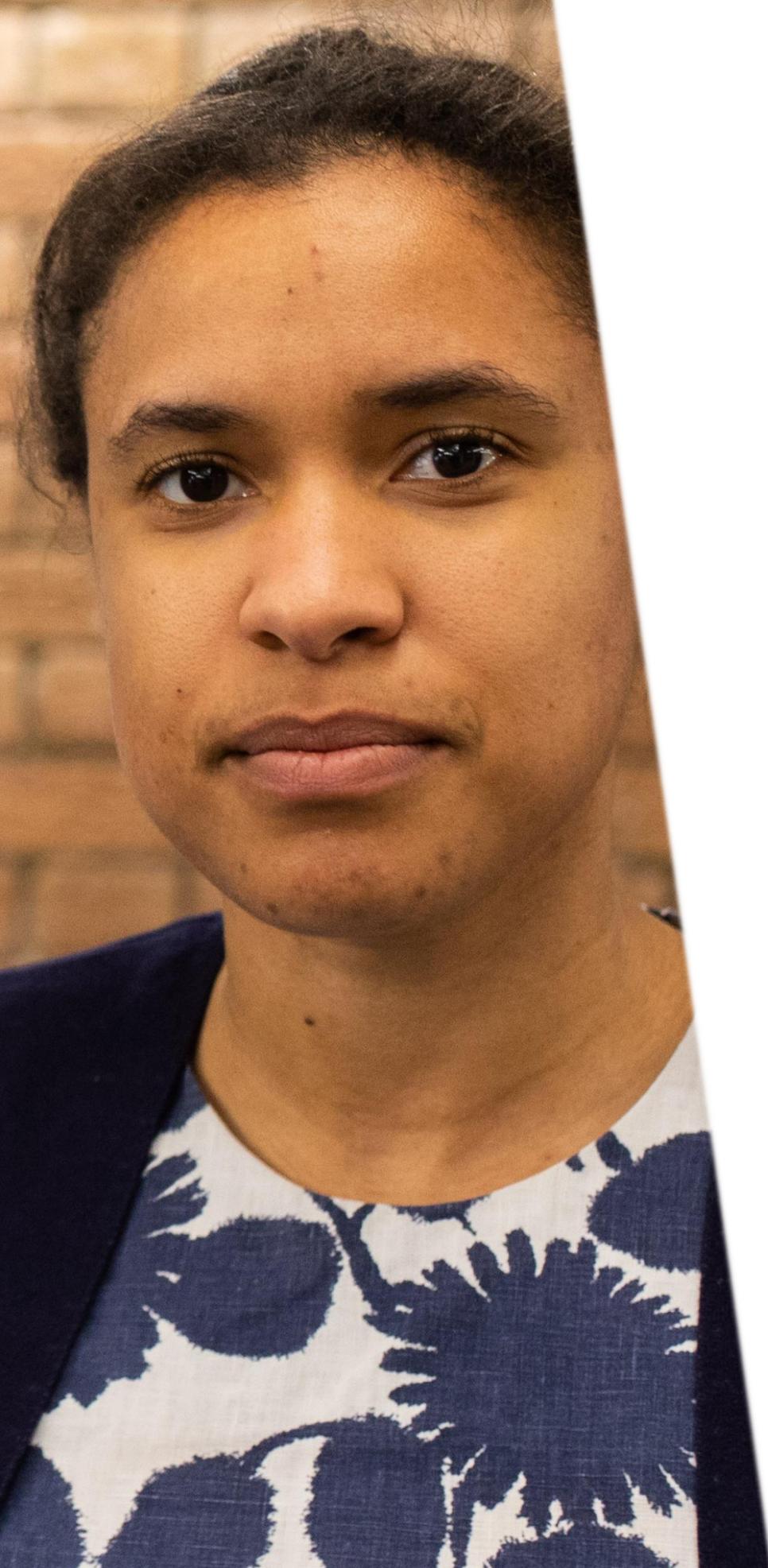


What people want

Self-help and more support to find information and the right services.

“Access to wellbeing provision in the community, held via clinical support. For example, info on local yoga, things supporting a healthy lifestyle all the time, not just when I have become ill.”





What people want

Health and care that is more joined up, especially for people with one or more long-term conditions.

Care closer to home. Travel and transport can be an issue for people in the more rural areas of the county.





Digital divide

- Many saw the opportunities of embracing technology, such as online appointments.
- Others felt they'd be excluded by this.





Mental ill-health and dementia

Unfortunately, two in every three people told us the support they got when first diagnosed did not meet their needs.

People said there was:

- A lack of choice.
- Long waits for treatment.
- Appointments that are too short or infrequent.



Autistic people

The lack of support affects their ability to lead full and productive lives.

It also affects their ability to use other health services, particularly mental health.

“No support has been available since my autism diagnosis three and a half years ago.”





People living with cancer

Support at diagnosis and local services are good. But not everyone was aware of the help available.

People with heart and lung conditions

Value support groups and want timely and understandable information to help them manage their health.

