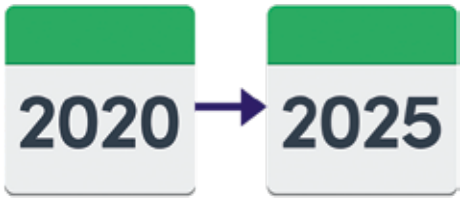
What we want to do in the next five years 2020 to 2025

healthwatch
Cambridgeshire

healthwatch
Peterborough



This is about what we want to do in the next **five years.**

Written by **Healthwatch Cambridgeshire** and **Healthwatch Peterborough**.

We use photosymbols to help make the information easier to understand.

Thank you to the **Access Champions** for helping to check it is easy to read.

What Healthwatch does

We speak up for people who use **health** and **social care** services.

Health care is help to look after your health. Like seeing your doctor or going to hospital.

Social care is help to live independently at home or in a care home.

We want **health** and **social care** services to work the best they can for everyone.

How we decided what to put in this plan

- We talked to lots of people about **health** and **social care** services.

- They told us what is good.

- And what is bad.

- We listened to what they said to help us make our plan.

- There are five things that are most important for us to do.

1. Make it easier to look after yourself

- People need better information to help them stay independent. And to look after their health.

- We will help NHS and **social care** services to make their information better.

- This will make it easier for people to look after their own health.

2. Make it easier to see someone about your health

- It can be hard to see a doctor or a dentist if you need help with your health.

- Doctors need to find different ways of helping people. Like by phone or online.

- We will help them find out what people want.

- This will make care better.

3. Help improve social care services

- People said the health and **social care** system is confusing.

- We will help people understand what different **health** and **social care** services do.

- We will help **social care** services understand what care is like for people.

- This will help make **social care** services better.

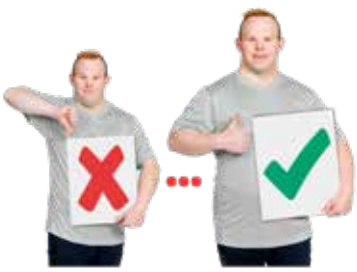
4. Make mental health services better for everyone

- It can be hard to get help to look after your **mental health**.

- We want to make it easy to get help.

- We will ask people who have used **mental health** services to share their ideas.

- And we will help make sure people know how to get help when they need it.



- This will help make **mental health** services better.

5. Get people involved in making services better

- It is important that **health** and **social care** services work well for people.

- We want to make sure people can have a say when services are changing.

- This will help make **health** and **social care** services work better.

How to get in touch

Call:

0330 355 1285

Text:

07520 635176

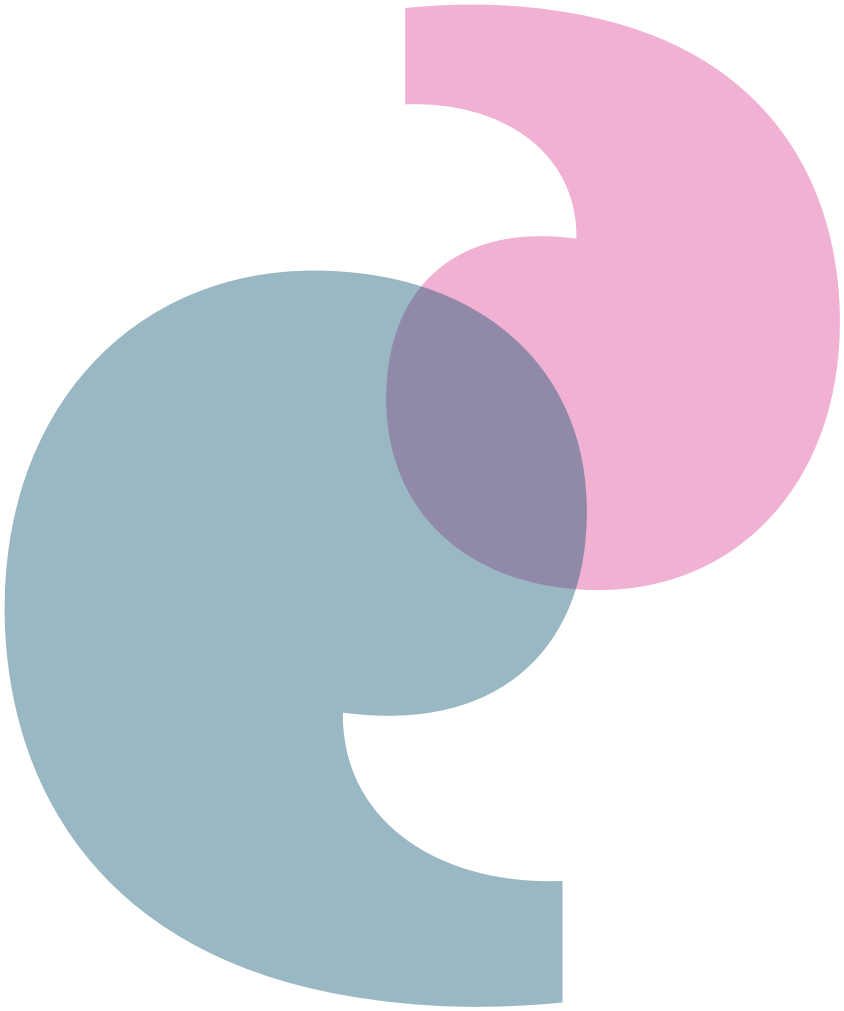
Email:

enquiries@healthwatchcambspboro.co.uk

Website

www.healthwatchcambridgeshire.co.uk

www.healthwatchpeterborough.co.uk



We help people to say what they think about their health and social care services.

You can talk to us if you want to tell us about your care.

We can help change services to make sure they meet your needs.

healthwatch Cambridgeshire

healthwatch Peterborough

© Copyright Healthwatch Cambridgeshire and Peterborough CIC (2020)
Registered Company Number: 085161