

How you play your part

Just changing health and social care services will not be enough. The choices you make to look after your health and how you use services are really important. For example:

- Turn up to your GP and hospital appointments – or cancel if not needed
- Attend health checks and screenings
- Vaccinate you and your children against common diseases
- Make exercise part of your daily life and eat healthily
- Drink alcohol sensibly and don't smoke
- Only use A&E for emergencies
- Look after your mental health
- Help your family, friends and neighbours where you can
- Beat loneliness by keeping an eye out for older people in your neighbourhood

We know some people will still need help, and they will continue to get it. However, if everyone took steps to stay healthy and well – no matter how small - you won't need to go to the doctor or hospital as much, you won't have to take as much sick leave from work and your quality of life will improve.

How does this fit in with Greater Manchester?

The Greater Manchester Devolution Agreement was agreed with the Government to give more powers over areas like transport, planning, housing and health and social care to the region.

This means, from April 2016, it will be Greater Manchester and not Westminster who decide how the region's £6 billion health and social care budget is spent.

Devolution changes the way we spend money on services and gives us freedom to shape services around the needs of people in Salford. To find out more, go to <http://www.gmhealthandsocialcaredevo.org.uk/>

The Salford Locality Plan is at www.salfordccg.nhs.uk

To share your own ideas, email salccg.involve@nhs.net, write to **NHS Salford CCG**, St James's House, Pendleton Way, Salford, M6 5FW, or call **0161 212 4800**.

You can also tweet [@SalfordCCG](https://twitter.com/SalfordCCG), [@SalfordCouncil](https://twitter.com/SalfordCouncil) or [@HWSalford](https://twitter.com/HWSalford)

Start Live well. Age well.

OUR SALFORD



Our city is growing. More people are living in Salford and more money is coming into the city.

But Salford is a city of contrasts - 70% of us live in highly deprived areas. We have 12,000 children in poverty and nearly 10% of the working population is long-term unemployed. Salford has some of the worst health in the country - people in poorer areas of the city live up to 14 years less than those in our richer neighbourhoods

Public services are under a lot of financial pressure. More of us are living longer and often with complicated health conditions. This means more people need help to stay well. In Salford, we spend £485 million on health and social care. If we carry on doing the same things in the same way, by 2021 we will be £157 million in debt.



The Salford Locality Plan

This is the 'blueprint' for our health and social care. It explains how providers of public services - like the NHS, Salford City Council, Fire Service and Police - will work closely together with the private and voluntary sector so services work better and cost less.

It looks at what you can do to stop getting ill and live healthier, independent lives so you do not need to go to the doctors or hospital as much. It includes ways to reduce your chances of developing the most common 'killers' in Salford, like heart disease and cancer, by taking more responsibility for your own health.

But the plan doesn't just look at health and social care. It also looks at ways people's lives can change for the better if we have better housing, more jobs, more money and a nicer environment to live in. Put simply, it is how Salford people should be able to start, live and age well.

"The plan looks at ways people's lives can change for the better if we have better housing, more jobs, more money and a nicer environment"

What will change over 5 years?

- More health services nearer to home
- Where possible, different services in the same place, e.g. physiotherapists or eye specialists at your local health centre
- More people in primary care, like senior nurses to manage conditions like diabetes, or pharmacists to help with medication
- Some hospitals will become specialised and treat more serious conditions. Others will be smaller and provide services that more people need
- More tests and health checks available
- Joined up health and social care services
- A bigger role for people and organisations outside the health sector making a difference to your quality of life
- Developers, housing associations, and local businesses providing better quality housing and good job opportunities
- Voluntary, community and social enterprise organisations will become important providers of care and support in addition to - or sometimes instead of - NHS services