



Bristol, North Somerset and South Gloucestershire Working Together Plan.



We know that people from some communities and groups do not always get the health care they need.

We agree more things need to happen to help people sooner and help them stay as well as possible.



In our area, 10 different organisations including councils, NHS, social care and community providers are working together.

This group is called **Healthier Together**.



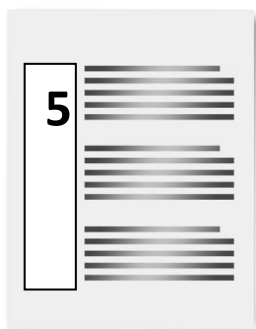
We have **4 main things** we are working on together, these are our **Aims**.

Doing more to help the health of everyone in our area.

Making sure that healthcare is fair for everyone.

Working in ways that are good value for money.

Being part of other things that help our local people and their communities.



We think there are **5 things** we can look at to help us meet our **Aims**. We call these **Opportunities**.

- Work on the things that stop some people, groups and community getting the healthcare they need.
- Work together so people can:
 - Work.
 - Get out into parks and other green places.





Be part of their community.

Have a good income.

Have a good place to live.

Have a good start in life and be able to learn.



We call these the building blocks of good health and wellbeing.

- Do things that stop people getting ill and helping people who are ill sooner.
- Help people live a healthy life.
- Look at how we help people when they get ill and see if we can do things better.



We have thought about what we will do, and how we will do it, we call these our **Commitments**.

Make it quicker for people who need more help to get the care and support they need.

Work together with other groups in the community to know about people who need more help and support.

Spend more money to help people live healthy lives and not get ill.

Change the way we make decisions to make health care fair for everyone.

Change things where they have not been fair in the past.

Support our staff.

Work in ways that help people who have experienced things that upset them, this could be things like death or serious illness.

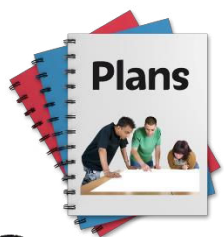




Have staff and volunteers who can share with other people good ways to stay well. We call these people **Prevention Champions**.

Have things in the community that help people live healthy lives.

Spend our money and have good staff to help people have better health and wellbeing.



To help everyone work together toward the **5 Opportunities** there are **9 things** we will concentrate on.

Work with babies during their first years.

Support people who are experiencing anxiety and depression.

Help people be a healthy weight.

Help people stop smoking.

Support people who misuse drugs and alcohol.

Be better at stopping, finding and treating cancer.

Work on the things that cause people problems with their hearts.

Give better support to people who have things that are painful.

Support older people when they are near the end of their life.

