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WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

A Healthier Mid and West Wales

Our future generations
living well



What is a **Healthier** Mid and West Wales?

Hywel Dda University Health Board has approved **A Healthier Mid and West Wales** strategy to guide our health and care through the next 20 years so we and future generations can live well. This is a summary, but you can read the whole document on our website www.hywelddahb.wales.nhs.uk/healthiermidandwestwales or request a copy by calling **01554 899 056**. Alternative versions are also available including Easy Read, youth friendly, audio, animation and BSL.

Our aim is similar to that set out in law by the Welsh Government document - A Healthier Wales: our Plan for Health and Social Care 2018. We want safe, sustainable, accessible and kind health and care.



SAFE



SUSTAINABLE



ACCESSIBLE



KIND

Why are we doing it?

Our vision comes from conversations we had before, during and after our consultation in 2018. We involved people who use our services, their families and carers; staff; and other people or organisations working in, or interested in, health and care.

Our Shared Vision

We want everyone to live healthy lives, full of joy, purpose and feeling like they belong. We want people and the communities they live in to be:

- **Connected** - able to live and work together
- **Supportive** - able to help each other
- **Adaptive** - able to change as they need to
- **Resilient** - able to bounce back when they face challenges
- **Resourceful** - able to find ways to overcome issues

We are changing from a service that just treats illness to one that keeps people well, prevents ill-health or worsening of ill-health, and provides any help you may need early on.

Our goals are to support families in three interconnected phases of life:

Starting and developing well

Every child will have the best start in life through to working age, supporting positive behaviours and outcomes across the life-course.



Living and working well

Every adult will live and work in resilient communities that empower personal and collective responsibility for health and wellbeing.

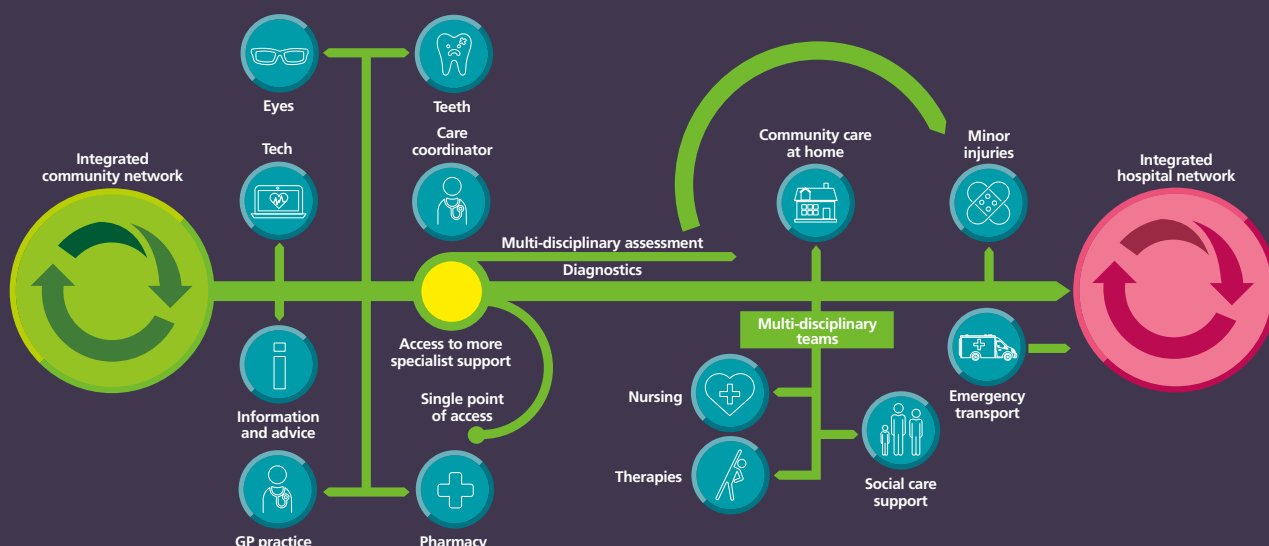


Growing older well

Every older person will be supported to sustain health and well-being across older age, living as well and independently as possible within supportive social networks.



We must work across the **'whole system'** because many things in life affect a person's health and well-being. Our focus is not just on traditional NHS services, but working with others in areas like social care, housing, education, employment, leisure, food and the environment.



Together we will provide more support so people can manage their health and well-being in their own homes and communities. We need to do this to keep people well and also to respond to challenges which are making our services very fragile. **Our challenges include:**

Seeing more patients and with different needs, including those from an older population



Staffing our services to safe levels and attracting and retaining staff



Delivering care from old buildings



Making the best use of our money and resources



Without change we face a greater risk of causing harm to those who access the care we provide.

SAFE, SUSTAINABLE, ACCESSIBLE AND KIND



HOSPITAL
CARE

PERSON
CENTRED CARE

LIVING
AND
WORKING
WELL

GROWING
OLDER
WELL

HEALTH AND
SOCIAL CARE
TOGETHER



EXERCISE CLASS TODAY

COMMUNITY-BASED CARE

STARTING AND DEVELOPING WELL

cafe

MENU

What will it mean for you?

We will work with people and provide services based around seven localities within our area as they have unique needs:

 **North Ceredigion**

 **South Ceredigion**

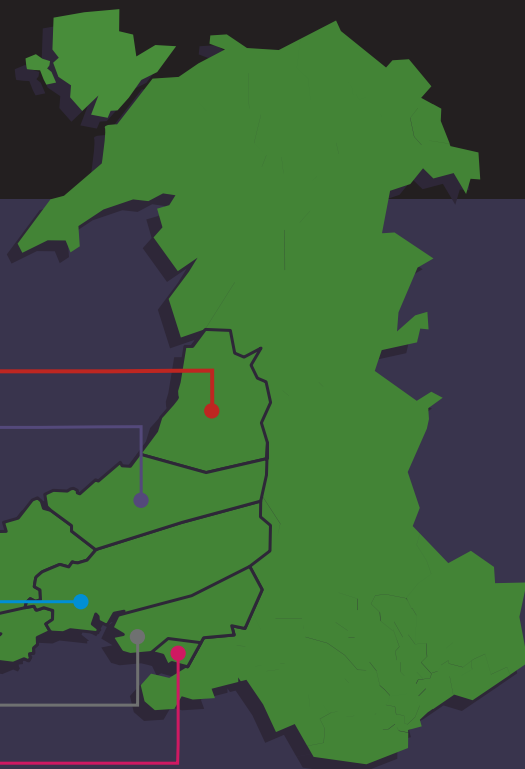
 **North Pembrokeshire**

 **South Pembrokeshire**

 **Taf, Tywi, Teifi**

 **Amman and Gwendraeth**

 **Llanelli**

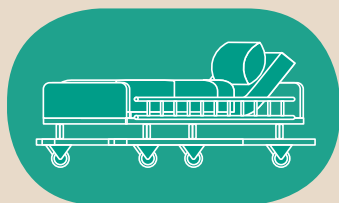


You will be able to get assistance from a single point of contact, which will link up all the different types of care and support you might need.

We will call these integrated community networks and they could include:



GP, dental and optometric practices and pharmacies



Community beds

whether in community hospitals, health and well-being centres, nursing and residential homes or even your own home



Local authority
(county council) services

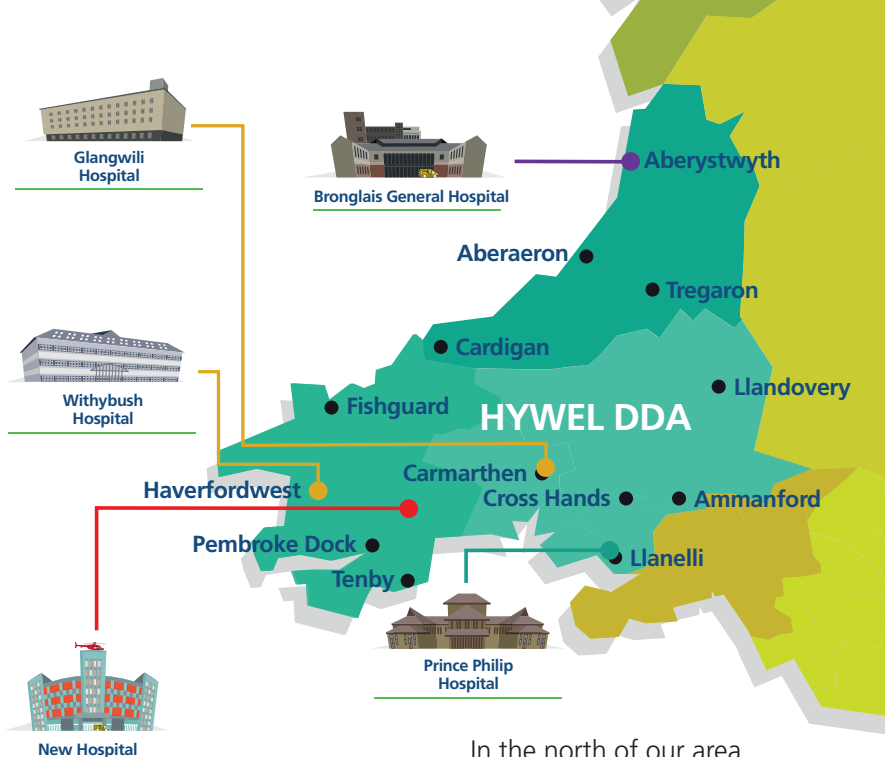


Third sector and community-driven support

Through localities, we will develop solutions on what matters to local people, connecting and building on the strengths of communities so people have a sense of belonging and are supported to stay well.

Our hospitals will play an important role providing quality specialist support when needed. We will develop them so they provide good education and research opportunities, encouraging people to work with us.





A new hospital for urgent and planned care in the south of the Hywel Dda area is a critical element. It will provide trauma care and be the main emergency department for our area. It will have consultant-led services 24-hours a day, seven days a week. Here people will have major operations, treatment for complicated medical or surgical conditions when they are very ill, specialist mental health care, or tests that cannot be done closer to home. Most people will only use this hospital when they need significant medical care, with most staying less than 72 hours before being discharged home or to a more local hospital.



Glangwili and Withybush hospitals, in Carmarthen and Haverfordwest will provide 24/7 GP-led minor-injuries units with tests and support, as well as therapy and nurse-led care and beds for rehabilitation and re-abling people. They will have midwife-led units, along with chemotherapy and end-of-life care, and outpatient clinics.



In the north of our area, **Bronglais General Hospital, Aberystwyth**, will provide urgent care including a 24/7 Accident and Emergency department, and planned care, with the most specialist cases transferred to the new hospital. There will be day surgery and treatment, a midwife-led unit and low risk consultant-led births, as well as outpatients, chemotherapy and end-of-life care.



Prince Philip Hospital, Llanelli, will provide 24/7 GP-led minor-injuries and care for adults in a medical emergency and testing (diagnostic) services. This will include consultant-led overnight inpatient beds, low risk surgery, chemotherapy, rehabilitation and end-of-life care.



The **Jones family** are not a real family but their health and well-being needs are typical of many people living around here and they can help us think about how we develop services. You can read all about them in our full strategy and on our website. But here we take a peek at what life might be like in 20 years for grandmother Mari, a retired teacher who enjoys her hobbies and has mild dementia:

I was getting my hair done when I tripped over my feet and fell. The staff were really helpful and phoned 999 straight away and they put us through to the clinical desk. They sent out a community paramedic to treat my cuts and grazes. When he returned to work he let a team working in his building (the Community Response Team) know what had happened and now they are going to come out to see me in my home and treat any issues I may have with moving about after the fall.



We will work closely with health boards in other areas that already provide very specialist care for our patients and with transport services, including working with partners on the infrastructure for transport and travel in our area.

We know people who live furthest away from the area of our new hospital feel worried about accessing emergency care. We will be working with the **Welsh Ambulance Services NHS Trust** to have more advanced paramedic practitioners based in communities who can stabilise patients at the scene, protect airways,

breathing and circulation and save lives. We will support the case to have 24/7 provision of **Wales Air Ambulance** and the **Emergency Medical Retrieval and Transfer Service (EMRTS)**, which provides critical care for patients who need life-saving treatment at the scene.

We will also provide more care using new mobile technologies, such as those that help monitor the care needs for patients with chronic conditions from their own homes, reducing some of the need for travel.



// How can you get involved?

We will continue talking to as many people as possible because health and care affects us all and is everyone's responsibility. We want to design health and care together so we meet the needs, expectations and outcomes that matter to you. We will provide different opportunities for you to get involved from **face-to-face** in events and smaller **focus groups**, to **written communications** and **online**. We want to involve as many different voices as possible, inclusive of people who traditionally experience barriers and exclusion. We aim to do this by providing a dedicated person in each locality to support this ongoing conversation.



If you want to be involved, please sign-up to our involvement scheme
Siarad Iechyd Talking Health at www.hywelddahb.wales.nhs.uk or phone **01554 899 056**



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