

# A Healthier Mid and West Wales

Our Future Generations Living Well

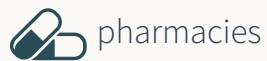


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Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

# Hello

Hywel Dda University Health Board is working to improve the health and well-being of people in mid and west Wales. We look after NHS services like:



**We want to make sure future generations can live well and be healthy.**

This is our plan for health and care services during the next 20 years.

It's called:

**A Healthier Mid and West Wales.**



# Why

All health boards in Wales are facing challenges. More people need more support, from more services.

If we do nothing, things will only get worse.

This plan is about helping people stay healthy and bounce back quicker when they have issues.

## Listening to people

In 2018, we talked to people across our area:

- people who use services
- families
- carers
- doctors
- nurses and other staff working in services
- organisations

We had conversations to find out what people think we need to do now and in the future. This information helped us write this new strategy.

# Working together

Health and care services are only one part of supporting people. There are other services, like housing and social care that affect people's health. This plan helps us all work together better.



## Our 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.

## Our goal

Many people only go to health and care services when they have a problem.

If people get support earlier, it often stops things getting worse.

We are changing our focus from treating people when they get ill to helping people stay healthy and well.

So, we want to support people and families at three different stages of life:

starting and developing well



living and working well

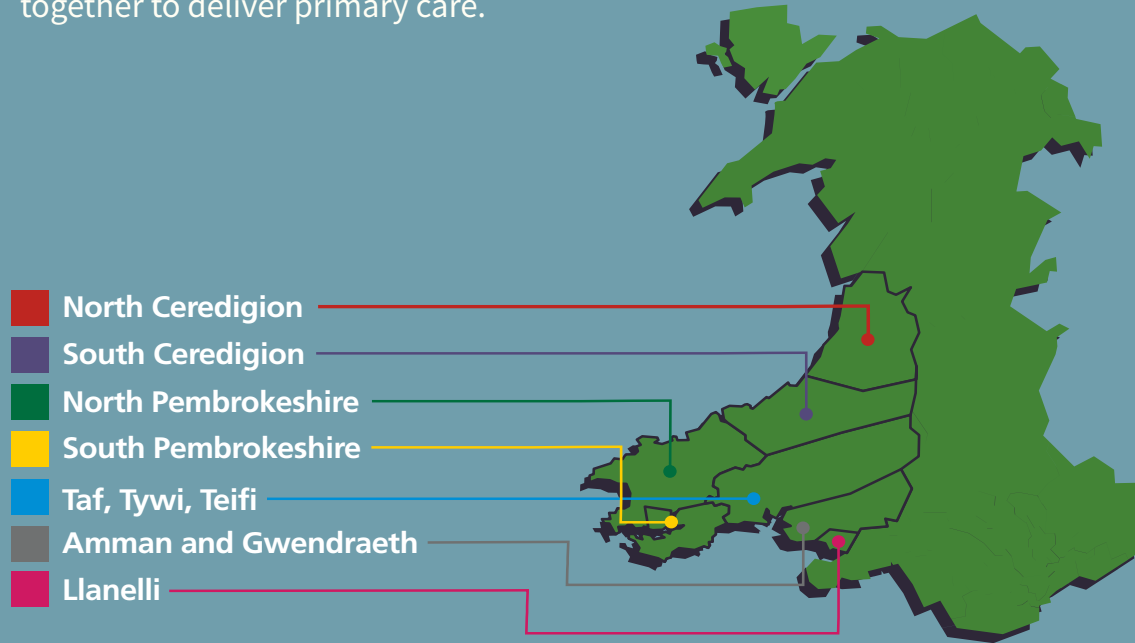


growing older well



# What we're doing

We are organising health and care services so they can work together better. Seven areas already have teams working together to deliver primary care.



We will work with these areas so they can support and work with more people on issues that matter to them and help more people.

Having teams connected in local areas and with one central point of contact will help people get the support they need.

These areas will be able to deliver:

- primary care services like GPs, dentists, opticians and pharmacies
- mental health and counselling services
- care and support at home
- housing, social care and other council services
- community group support
- voluntary groups



SAFE, SUSTAINABLE, ACCESSIBLE AND KIND



# How it will work

This is an example of how health and care services would work in the future.

To help us develop plans, we have a fictional local family. You can read more about this family in the full plan or on our website.



Mari had just got her hair done when she tripped and fell.

The hairdresser phoned 999.



They were put through to the clinical desk. Instead of sending an ambulance, they sent a community paramedic.



The community paramedic treated Mari's cuts and grazes at the scene.

He let the Community Response Team know what had happened. They all work together so it's easy to share the information.

The team organised a time to visit Mari at home.

They supported her while she was healing and starting to move around again after the fall. This stopped her issues getting worse.





## Hospitals

Hospitals are an important part in this. They will link to the community teams, and work with them.

### New hospital in the south of our area

The **new hospital** will:

- give trauma care
- have a main accident and emergency department open 24/7
- intensive care
- provide hospital care for children and sick babies
- treat complicated medical or surgical conditions
- have specialist mental health care
- give tests that can't be done closer to home

### In the north of our area

**Bronglais General Hospital**, Aberystwyth, will:

- have an accident and emergency department open 24/7
- give planned care
- day case surgery or treatment
- midwife-led unit and low risk consultant-led births
- outpatients
- chemotherapy
- end-of-life care

### In the east of our area

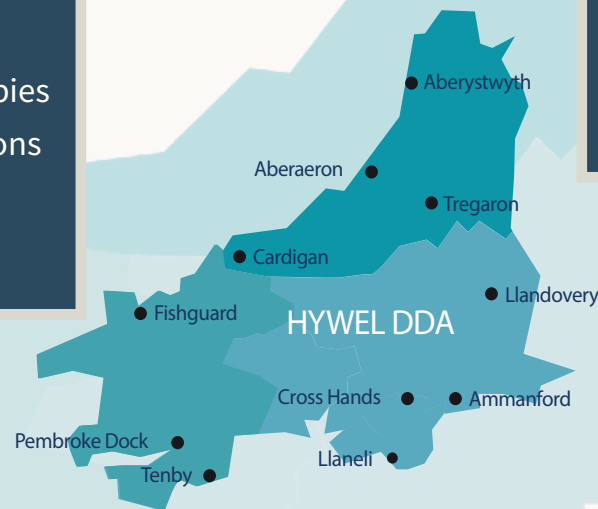
**Prince Philip Hospital**, Llanelli, will have:

- a 24/7 minor-injuries unit
- consultant-led care for adults in a medical emergency
- testing services
- low risk day surgery
- chemotherapy
- tests
- rehabilitation
- overnight inpatient beds

### In the south of our area

**Glangwili Hospital**, Carmarthen and **Withybush Hospital**, Haverfordwest will have:

- 24/7 minor-injuries units
- therapy and nursing care
- midwife-led units
- chemotherapy
- end-of-life care
- outpatient clinics







## Emergency services

We will work with Welsh Ambulance Service Trust so we can have trained paramedic staff in the community.

We are also working with others to work towards:

- 24/7 Wales Air Ambulance
- 24/7 Emergency Medical Retrieval and Transfer Service (EMRTS)



## Technology

New mobile technology in people's own homes, will help us care for and support people. It will mean they can stay in their own homes and communities for longer.



## Specialist care

We will work closely with other health boards who provide very specialist care for our patients.

## Get involved

If you want to know more, you can read the full plan here:

 [hywelddahb.wales.nhs.uk/healthiermidandwestwales](https://hywelddahb.wales.nhs.uk/healthiermidandwestwales)

**We will carry on talking to people across our area to find out what matters most.**

To get involved go to:



Siarad Iechyd / Talking Health [hywelddahb.wales.nhs.uk](https://hywelddahb.wales.nhs.uk)



01554 899 056.

