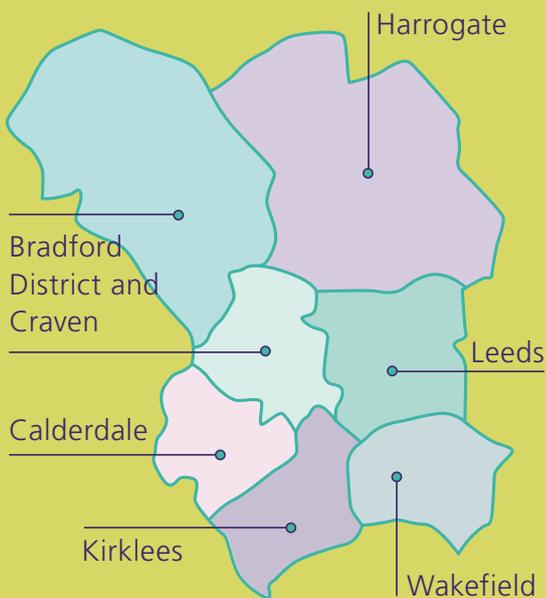


Telling our Partnership story



Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.6 million people living in West Yorkshire and Harrogate.



Helping people look after themselves

Our ambition

Self-care creates a feeling of control and reduces anxiety for people. It improves people's quality of life and recovery from illness and managing long-term health conditions. It also frees up the time of health and care staff.

West Yorkshire and Harrogate Health and Care Partnership



What we are doing

Self-care is quite a broad concept; put simply it is about people looking after themselves in a healthy way. It includes encouraging people to live healthier lives by stopping smoking, drinking sensibly or exercising more.

For example:

- Calderdale's Staying Well programme has seen staff work with community groups to engage people in their health and wellbeing. People are helped to access local groups with the aim of reconnecting them with their local communities. Nearly 800 people were helped by the project in the first 18 months – with those taking part reporting improvements in their health and reduced loneliness.
- Kirklees has had great success after designing its approach to self-care around four key areas – education, technology, exercise and one-on-one help. The most recent addition is the online 'My Health Tools' system – used by 3,000 since it was launched in September (2016). Research shows those helped by the education programme have reduced their GP usage.
- Bradford is rolling out a 'Making One Change Challenge' which asks the public and workforce to pledge to make one change to their lifestyles.



Bradford District Care NHS Foundation Trust's Champions Show the Way (CSW) programme offers a range of free activities, with the help of local volunteers, to encourage local people to stay physically and socially active and stay well, often whilst living long term conditions. Barbara, joined a CSW walking group and opted to take the CSW walker leader training so she could start her own CSW walking group; she also runs a CSW singing group. Pauline said: 'I started in the singing group four or five years ago and I've not regretted it since. We have fun and for me, being a senior citizen, it gets me out of the house, I make friends and I meet different people'.

What next?

We will continue to work together in partnership to make a positive difference to people's lives with and for them.



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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

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West Yorkshire and Harrogate
Health and Care Partnership

