

# Manchester Joint Strategic Needs Assessment

2008–2013 • Summary

# Introduction

Earlier this year, we produced a major report into the kind of services that are needed to look after the future health and well-being of the people of Manchester (the Joint Strategic Needs Assessment).

It was put together jointly by Manchester City Council and NHS Manchester to look at the way these services are addressing the needs of the city. But more importantly, it also looked ahead to how we will deliver these services in the future.

From care for the elderly, to healthy eating campaigns for schoolchildren; advice centres for teenagers, to help for the many people who care for sick or elderly relatives – the level and breadth of services offered across the city is huge.

Taking all this into account we want to concentrate on five priority areas where we feel we can all make a difference:

- Childhood obesity
- Teenage pregnancy
- Alcohol
- Falls
- Long-term conditions.

But the idea is not just to tell you what our plans are. We want to find out how you think we can improve the services we offer.

We want to know how you, the people who visit our clinics and speak to our advisers, think we could improve things in the future.

We also want to tap into your experiences. Perhaps you've seen a problem or an issue from a different angle, or you've got ideas that could radically change the way we do things.

This is an exciting opportunity to help shape health provision across Manchester – please take advantage of it.

# Childhood obesity

Childhood obesity is a national problem but it's also one that is particularly severe in Manchester. Figures show that nearly a quarter of all 10 and 11-year-olds are obese, and overall the city is in the top quarter nationally for childhood obesity – not a position we want to keep.

Obesity means being so overweight that it begins to affect a person's health. It can lead to long-term problems and the early signs of many preventable diseases, such as diabetes and heart disease.

There are more immediate effects too. Obese children often find it difficult to join in games at school, as they become breathless quickly and generally lack energy. This can be embarrassing, making them unhappy, low in self-esteem and even the target of bullies.

This is why we have made childhood obesity such a priority – for all of us.

## What you can do:

- Help your children to be more active – just walking to school can help.
- Encourage them to eat more healthily – cutting out sugary snacks is a great way to start.
- Try and eat together as a family – with the telly turned off!

## Some of the measures we've got planned:

- We're introducing a new programme of support for pregnant women and young mums so they can learn more about breastfeeding and the type of food that young kids need.
- More community food workers to help people to shop for and cook much healthier – and tastier – meals.
- More health trainers working in communities to motivate people and help them improve their overall health.

- We're improving play and recreation opportunities for children and young people across Manchester. Many lunchtime organisers have been trained in how to deliver active play – something that all primary school children now have the opportunity to take part in. Improved links with schools' sport partnerships mean the local community also has better access to physical activity away from school.
- We're making cooking and growing food an important part of the school curriculum.
- We're developing new weight management programmes for families and children to help stop overweight children becoming obese.

We think this is a good start at tackling the problem – but are there issues that we've missed?

Do you have your own ideas about how we should be tackling childhood obesity?

If so, please contact us, because together we can really make a difference.

**For information about how to help your children and family to manage their weight better and lead healthier lives, as well as how to sign up for free local healthy living programmes, visit the MEND (Mind, exercise, nutrition...do it!) programme at [www.mendprogramme.org](http://www.mendprogramme.org) or call 020 7231 7225.**

# Teenage pregnancy

It's a sad fact but Britain has the highest rate of teenage pregnancy in Europe.

Thankfully, the number of young women under 18 who are becoming pregnant is falling – but only very slowly. This is why we have set ourselves a tough target to cut this figure by more than 50% by 2010. But to do so, we need your help.

Growing up as a teenage parent is no fun. Being responsible for another person at such a young age can have a devastating effect on their lives. It can ruin their education and harm their chances of building a successful career.

And on a day-to-day basis, it simply stops them from enjoying all those things that their other teenage friends are doing.

After all, a baby needs looking after 24/7.

## What you can do:

- Explain to your children – both boys and girls – why it is so important to use contraception, such as condoms or the pill.
- Talk to your children about how hard it is being a parent, especially when you are young and there are so many other things you want to do.

## Some of the measures we've got planned:

- We're expanding contraceptive and sexual health services across Manchester so that more young people and their families have access to professional advice.
- We're working to make sure that more people know about long-acting reversible contraceptives (LARC), which can help make protecting young people against unplanned pregnancies far easier.
- We're working closely with schools to improve the delivery of Sex and Relationships Education (SRE).
- We're ensuring that teenage pregnancy is a major action point for the new Integrated Youth Support Services (IYSS) and Targeted Youth Support (TYS) teams.

But are we doing enough? Do you have your own ideas about how we can reduce teenage pregnancy?

This is an issue that we can't address alone. We want to hear your thoughts, your views and your ideas, so please get in touch.

**For further information about teenage pregnancy in Manchester, please contact us on 0161 234 3358 or visit [www.manchester.gov.uk](http://www.manchester.gov.uk)  
For information about local contraception and sexual health services, please visit [www.anyplanstonight.co.uk](http://www.anyplanstonight.co.uk)**

# Alcohol

A lot of us like a drink. In fact, over 60% of Mancunians drink alcohol at least a couple of times a month, with many more drinking on a weekly basis.

The problems start when people drink more than the safe amount – which is 2–3 units a day for women and 3–4 units a day for men. Binge drinking at weekends can also cause problems.

In the short term, people may start to miss work, and family life begins to suffer. For younger people, it could mean being excluded from school.

In the long term, too much alcohol can lead to diseases such as brain damage, cancers and heart problems.

Put bluntly, too much alcohol can kill you before your time.

There are other effects of drinking too much as well. The NHS spends a colossal £1.7billion a year treating the symptoms of this social problem – money that could be put to much better use. Alcohol misuse also causes crime, vandalism, road traffic accidents and can lead to unintended pregnancies. In fact, too much alcohol causes misery. End of story.

## **What you can do to help yourself and your family:**

- Increase the number of alcohol-free days you have each week. A good starting point is keeping a drinks diary, as sometimes you can be drinking more than you think.
- When you are out, try and have a soft drink in between your alcoholic ones.
- If you've got teenage children who are starting to be more independent, find time to talk to them about the importance of drinking sensibly.

## **Some of the measures we've got planned:**

- We want to make it easier for people who drink too much to access services at an early stage, so that professionals can work with them to stop alcohol taking over their lives.

- We want to make sure that alcohol treatment services are also available for homeless people and ex-offenders.
- We want to improve the help we give carers who look after someone who is drinking too much.
- We want to raise awareness of the damage that drinking can cause among older people.
- We want to discourage binge drinking and change the 'drink to get drunk' culture.

This is just a starting point. Do you have ideas about how we can reduce the suffering caused by drinking too much alcohol?

Are there other services we should be offering that could help people who drink too much?

If so, please get in touch so we can continue to develop the services people really need.

**For further information about alcohol in Manchester, please visit [www.manchester.nhs.uk/health/drugs/alcohol/](http://www.manchester.nhs.uk/health/drugs/alcohol/) or contact the community alcohol teams at [www.manchestercat.org](http://www.manchestercat.org). You can also ring them on 0161 223 9641.**

# Falls

As muscles and bones grow weaker with age, it becomes much more difficult to stay balanced after a stumble or trip. That's why each year in Britain, around a third of people aged over 65 have a fall.

The elderly are also more likely to suffer from chronic medical problems, which can also make them weaker and less steady on their feet. In fact, a fall can often be the first sign of a serious medical problem.

An injury following a fall can also result in a stay in hospital. This can sometimes be lengthy due to complications, and simply because recovery takes longer in older people. This in turn can reduce their confidence, making them more anxious and having a marked effect on their everyday life.

What old people want is to stay safe and steady and receive the right advice early on so that they can avoid falls.

As Manchester's population gets older, we need to start to make even better provision for how we care for elderly people. This means improving the help and assistance we provide to prevent falls in the first place, as well as how we treat people who have been injured, physically and/or mentally, as a result of one.

## What you can do to help yourself and your family:

- The more muscles and bones are used, the stronger they remain, so keeping as physically active as possible is important. Having a good diet, which includes milk and other foods that contain calcium, also helps to keep bones healthy.
- Ask for help with those jobs around the house that can be tricky, such as changing a light bulb. If you do have to do jobs like this yourself, use a stepladder rather than balancing on a chair.
- Fix loose rugs and carpets, hide loose wires, and clear away that clutter you've almost tripped over so many times. And try and make sure your home is well lit too.
- Make sure that your footwear fits properly and that the sole has a grip to stop you slipping.

- If you think you're having side effects from your medication, such as dizziness, then speak to your GP or pharmacist.
- If you or someone you know has had a fall, tell your doctor or nurse. Having a check-up by a falls service could help you to stay safe and steady.

## Some of the measures we've got planned:

- We're working with the ambulance service, hospitals, community services, (such as intermediate care), and GPs so that older people who have fallen have a check-up to prevent further falls.
- We're making sure that there is a consistent falls service across the whole of Manchester by increasing the number of staff and making sure that all teams have a nurse, physiotherapist, occupational therapist, pharmacist and doctor working in them.
- We're going to make sure that more people can get advice from a service in the community rather than having to go to hospital, and that people are referred to the right service after their assessment.
- We're setting up exercise programmes for people, either in their own homes or in groups, to help them become more mobile and steady on their feet. We're also making sure that there are services to help make homes safer places.
- We're making sure that those who really need to see a consultant for specialised assessment and treatment are able to do so without waiting too long.

Again, this is just a start. We're sure that you must know other ways in which we can help older people stay safe and steady.

Perhaps you've already come up with some ideas of your own to help elderly friends and relatives cope.

If so, why not share them with us and help to make Manchester a safer place for our senior citizens to live.

**For more information about the various services that are currently available in Manchester to help people stay safe and steady, contact the Manchester Falls Services on [www.manchesterfallsservices.org.uk/](http://www.manchesterfallsservices.org.uk/)**

## Long-term conditions

It's thought that as many as 97,000 people across Manchester are living with a long-term illness, such as dementia or heart disease. Often, these conditions cannot be cured but sufferers can be helped by medication and other therapies.

Living with these long-term conditions can change the way in which people are able to cope with day-to-day life. Many need full-time carers too, often family members, who also have their own needs we must address.

Ill health among the working population is also a big issue in Manchester. Dealing with a chronic (long-term) disease can be draining and lead to a lot of time off work. This can mean less money coming in, while the longer someone is signed off work, the less likely they will ever return.

We're working to limit the impact of these long-term conditions on people's lives but, as part of a much bigger picture, we're also looking at what causes these conditions to develop in the first place.

### What you can do to help yourself and your family:

- If you are looking after someone, don't forget to find out about the services available to support you, by having a carer's assessment.
- Simply talking to other carers can help to overcome the isolation many carers can feel.
- Call the Carers Helpline on 0161 835 4090 to find out about assessments, support groups and breaks available for carers.

### Some of the measures we've got planned:

- Using the latest technology and support equipment, such as flood detectors, we're helping more people with long-term conditions to stay in their own homes.
- By talking to customers and service providers, we want to improve the way in which people are using the Individual Budgets programme.
- We're going to employ more specific carers support workers for people with mental health problems.

- We're going to improve the supply of information and support for carers of people who are discharged from hospital into the community.
- We're going to increase the supply of information and support services for carers of patients with dementia.

Once again, we want your help in developing the right services. Are we prioritising the right areas?

**For further information and advice on long-term conditions, please visit [www.manchester.nhs.uk/health/chronic\\_disease/](http://www.manchester.nhs.uk/health/chronic_disease/)**

**For information about the support services available for adults, their carers, friends and relatives in Manchester, please visit [www.manchester.gov.uk/mymanchesterservices](http://www.manchester.gov.uk/mymanchesterservices) or ring our Contact Service for Social Care on 0161 255 8250.**

## How you can comment

This leaflet is a summary of Manchester's full Joint Strategic Needs Assessment. If you would like to read the full document, it is available online from the Manchester City Council website at [www.manchester.gov.uk](http://www.manchester.gov.uk) and the NHS Manchester website at [www.manchester.nhs.uk](http://www.manchester.nhs.uk)

You can also find a copy at any Manchester library.

We hope you have found this leaflet useful and would be grateful to hear your views about how NHS Manchester, Manchester City Council and other agencies can help local people to enjoy better health and well-being in the future.

If you would like to comment on the Joint Strategic Needs Assessment, please:

write to us at:

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