

A report telling the NHS
what is important to you.





This report uses easy words and pictures.



We use photosymbols to help make the information easier to understand.



It says what people in Cambridgeshire and Peterborough want from the NHS.



It will help the local NHS write a plan to make services better.

This plan is called the **Long Term Plan**.



This report was written by **Healthwatch Cambridgeshire** and **Healthwatch Peterborough**.

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Who Healthwatch are



We are **Healthwatch Cambridgeshire** and **Healthwatch Peterborough**.



We speak up for people who use health and **social care** services.



Health care is help to look after your health. This is things like seeing your doctor or going to hospital.



Social care is support to help you live independently at home or in a care home.



We want health and social care services to work the best they can for everyone.

What the Long Term must do



The **Long Term Plan** says what the NHS needs to do to help people look after their health.

The local **Long Term Plan** must:



- Make it easier to get help close to where you live.



- Make it easier to get help using your computer, tablet or phone.

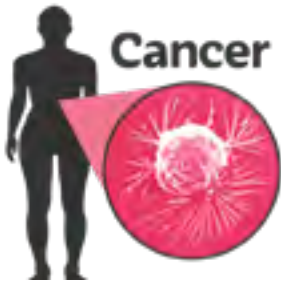


- Make it easier for you to stay well.

The Long Term Plan must help people with:



- Diabetes



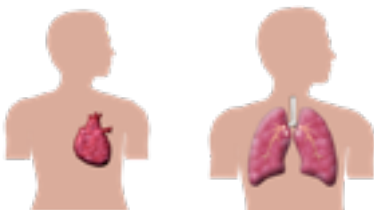
- Cancer



- Poor mental health



- Dementia.



- Heart and lung conditions



- Learning disabilities



- Autism

What Healthwatch did



We talked to lots of people in Cambridgeshire and Peterborough.

NHS



We asked people what they need to help them look after their health.

What people told us



People told us:

- Sometimes it can be hard to get the care you need.



- People like doctors and social workers need to work together better.



- It must be easy to find information about how to look after your self if you are not well.



- It is best if you can have care near to where you live.



- It is good if you can use technology like computers to look after your health.



- But computers are hard for some people to use.

It is most important to people



- To make choices about your health or social care with the person looking after you.



- To have information about your health or social care that you can understand.



- To have time to make decisions about your health or social care.

What autistic people and people with learning disabilities told us



- It can be hard to get help with your health when you are autistic.



- You need more help to live a healthy life



- People looking after your health or social care need to talk to you.



- You want information in words and pictures.

How to get in touch



Call:

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Website

www.healthwatchcambridgeshire.co.uk

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**Thank you to everyone
who has helped us.**

**We help people to say what they think about their
health and care services.**

**You can talk to us if you want to tell us about your
care.**

**We can help change services to make sure they meet
your needs.**

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