

Living Longer Living Better – An Integrated Pathway to Health and Wellbeing

The Pathway to Health and Wellbeing is a diagram that represents how wellbeing services fit with specialist Mental Health services in the city and with the communities in which we live. The aim is to create a network of support based within our communities that helps everyone to stay well and have positive lives including helping people who have suffered mental ill-health recover.

The consultation period is an opportunity for you to have your say on Wellbeing services. There will be events to be held in January and February which will be a chance to help us to design the detail around the pathway particularly on the following areas:

1. The main principles
2. Access to services
3. Types of support available
4. Outcomes for service users

This is part of a wider engagement on the whole of the Mental Health system that is being jointly undertaken by Manchester City council and NHS Manchester.

1. Main Principles

There are a number of things that we think are important for the wellbeing services to offer. The main points are:

- **Clear and transparent access to services** – we want to make services as easy as possible for people to access and know where they can go for help.
- **Flexible services to fit with individual needs** – we recognise that people are different and don't all want the same services and support. Services need to respond to people's needs and deliver services in the way and at the time people want and need them.
- **Building on existing strengths** – people and communities have strengths, knowledge and resources to offer and these should be recognised and used to help people take control of their own lives.
- **Clear links with clinical services** – to ensure that wellbeing services can help people access specialist services when they need them. It is also important to ensure people in specialist services can access wellbeing services as part of their recovery.
- **Self serving communities** – we want communities and people to have the confidence and knowledge to be able to help themselves and create their own networks of support.
- **Evidence based interventions** – all support offered has evidence to show that it works for people.

- **Quality accredited services** – all services that are part of the Pathway to Health and Wellbeing will need to meet certain quality standards to ensure they are safe and effective for the people that use them.

2. Access to Services

It is envisaged that people can access services in a number of ways through anyone that is part of the Wellbeing services network. This may be places like GPs, pharmacies, community centres or directly through a website or phonenumber.

Once you have made contact with a wellbeing provider you will then become a member of the network and then be able to access services and information within the network. This information and services will be tailored to your own needs based on the information you provide.

Information on availability of services, any waiting times and reviews of services will also be available to you. If you need help accessing services or need more information you will be able to speak to someone at the helpline.

3. Types of Support Available

Mental Health Specialist Services

These are services for people that have become mentally unwell and need some form of treatment or support. The NHS and the Council has set out 16 Care Pathways that show how and when people receive specialist treatment for specific diagnosed mental illnesses of different degrees and types.

People with Mental ill-health that also have a social care need will receive an assessment and if eligible will receive an Individual Budget (IB) from the Council. The IB can be used to fund services to meet their need, for example, this could be care in someone's home or it may be in a specialist care home.

Wellbeing Services

Wellbeing services are open to everyone within Manchester and are designed to assist people to live positive, healthy and fulfilling lives. These are services that help people recovering from illness and also services that can be accessed by people who are well and want to stay well.

The kind of support that we would like to see offered are wellbeing services that:

- Help people make positive lifestyle choices such as stopping smoking, eating better, doing more exercise
- Help people build confidence and self esteem

- Create opportunities to meet new people and learn new skills
- Help people to find employment
- Offer the chance to support other people and volunteering opportunities
- Offer one to one support for people who may need assistance accessing services in their community and achieving their goals

It is proposed access to these services will be through a website for people who would like to find their own and also through community services, such as GPs, pharmacies, Community Centres and Voluntary and Community organisations.

This may be done through;

- Support Groups
- Drop ins
- Advice and advocacy
- Organised activities
- Training courses
- Information literature
- Peer Support
- One to one support from a lifestyle coach
- Self help through the website

4. Outcomes

The pathway sets out 6 main things that we feel wellbeing services should focus on helping people to achieve.

- Improved well-being – people are satisfied and feel positive about their lives.
- Increased community involvement – people feel part of the community that they live and that they can make a positive contribution to that community and feel valued.
- Increased healthy lifestyle choices – these include less people smoke, people are doing more exercise, people have healthy diets
- Regular meaningful activity – people have opportunities for positive activities including interests and hobbies, education, volunteering and paid work
- Reduced debt – people are in control of their finances and feel confident to manage them.
- Increased independence – Enabling people to live as independently and feel in control of their own lives.

The consultation offers you a chance to have your say on all of these areas and tell us what you think. There may be other things that you feel are important and we would also like to hear what they are.