



Halesworth Health is a local network

including

Cutlers Hill Surgery

Patrick Stead Hospital League of Friends

Halesworth Community Nursing Care Fund

Community First Responders.

We aim to safeguard and expand
community health and care services
for Halesworth and surrounding villages.

They are among the best in the country –
partly because residents are involved
in how they are provided.

To make sure that Halesworth can be
proud of its health and community
care in future years,
we need to plan and work together now.

As a Suffolk town with many health and care services provided by Norfolk, Halesworth is in an awkward position geographically. With each change to the NHS it has to work hard to make its voice heard. Yet Parliament has acknowledged that – against the odds – Halesworth’s health care is a success. The problem of being on the margin of different boundaries – parliamentary, local government and health – has stimulated people to find new ways of working.

Rural isolation and poor transport links in Waveney cause problems for people of all ages. The return journey from Halesworth to a district general hospital takes about two hours by car. By public transport it takes the best part of a day.

More than half of the 10,250 patients registered at Cutlers Hill Surgery live outside Halesworth. The practice covers 300 square miles, from Laxfield to Walberswick and Peasenhall to Ilketshall St Andrew. Almost 3,000 patients are more than 65 years old. In 20 years time more than half the population in Halesworth will be over 75 years old.

The major challenge facing health and social care is the care of older people with long-term conditions. Many have, for example, diabetes, dementia, chronic heart and lung disease – and the number with more than two or three conditions is expected to rise by 60% in the next four years. These elderly people require responsive local care.

They get that care in Halesworth: fewer people are admitted as emergencies to a District General Hospital – Halesworth has one of the lowest rates in the country, saving the NHS more than £1million a year.

More people spend their last weeks of life where they want to be. In Halesworth, nearly nine out of ten palliative care patients die at home or in Patrick Stead Hospital. Nationally, fewer than four out of ten people die in their place of choice.



There are four main reasons for this achievement:

- **Health and care colleagues** – doctors, practice nurses, nurse practitioners, district and community nurses, health visitors, midwives, as well as managerial and support colleagues, all work as an integrated team here, providing co-ordinated care that people understand and value.

- **In view of the distance** from a district general hospital the GPs have set up a number of services to manage people's health problems at home or in the community. This is more convenient for local residents and saves the NHS money as it avoids expensive hospital admissions. Cutlers Hill Surgery is a recognised training and teaching practice for GP registrars and medical students.

- **Key services** – Cutlers Hill Surgery, Community Nursing, Rayner Green Day Care Centre, Patrick Stead Community Hospital, minor injuries, out-patient and out-reach clinics and physiotherapy, occupational therapy, paramedic,



community first responder and voluntary support services – are all on the same site. There are many practitioners, employed by different organisations, working in sessions every week to provide comprehensive care locally.

- **Local residents** support the League of Friends, the Community First Responders and voluntary organisations that together make life better for people in and around Halesworth. The Halesworth Community Nursing Care Fund – a hugely popular and effective charity set up more than twenty years ago by the district nurses and funded by local people – provides nursing care (24 hour if necessary) and equipment for patients needing palliative care and also supports their families and carers.

It is a remarkable example of how co-operation improves people's lives. If any one of these services was removed the quality of care would fall.

There is no immediate threat to Patrick Stead Hospital, although new NHS building standards have put in-patient services at risk in the past. However, the fine Victorian building has benefited from internal improvements and stands on a site that offers excellent and cost effective opportunities for upgrading and expanding facilities to provide 21st century health care. The challenge is to make sure that it happens. Fundamental changes to the NHS will affect the shape of health and care services – our aim is to ensure a positive outcome here.

Halesworth Health, working with the Town Council, the Halesworth Campus Group, the NHS, and local communities aims to ensure that the “Halesworth Health Village” continues to develop innovative, imaginative ways to offer community care and well-being for people at and close to home.

If you would just like to be kept informed, or if you would like to take an active part in safeguarding and developing our health and care services, please get in touch.

Email: info@halesworthhealth.org Ring: **07765 696 702**

Our website www.halesworthhealth.org

Examples of the additional provision people need are respite and nursing home care, more services for younger people and children, a friendly and welcoming resource centre for palliative care patients and their families and greater use of technological advances such as telemedicine clinics and digital x-ray services.

We have to be realistic – top priority is safeguarding our services. Proposals will require investment and are likely to be limited to phased development on the Patrick Stead/Cutlers Hill site, possibly involving part of the adjacent Playing Fields Association land.

