

Easy read summary of Joint Strategic Needs Assessment 2008 - 2013

What we will do now What we will do in the next 3 years






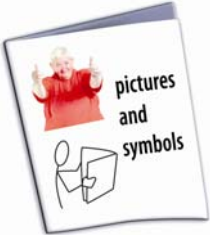


North Tyneside Council










NHS North of Tyne





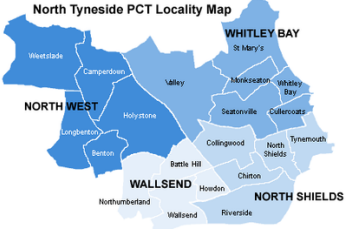


	<p>What is the Joint Strategic Needs Assessment (JSNA)?</p>
	<p>The Government says that local councils and health services have to work together to find out what local people need to stay healthy and happy.</p>
	<p>North Tyneside Council and North Tyneside Primary Care Trust (PCT) have been working together.</p>
	<p>They have made a Report to tell everyone what they have found out about people in North Tyneside.</p>
	<p>The information will help the Council and the PCT to think about how they can work well to keep local people healthy and happy.</p>
	<p>The report must be updated every year.</p>
	<p>This is an easy read summary of the report.</p>









	<p>Lots of groups work together with the council and health services to help more people in North Tyneside to be healthy and happy.</p>
	<p>The Council and the PCT want local people to have their say about local services.</p>
	<p>People in North Tyneside want good services.</p>
	<p>Services are changing so that people can have more say about what help they get and how they get help. This will mean a lot of changes for the Council, health services and other organisations</p>
	<p>The Council and the PCT want local people to have their say about local services.</p>

	<p>What is in this JSNA Report?</p>
	<p>Information about how many people live in North Tyneside.</p>
	<p>Information about the health of people who live in North Tyneside.</p>
	<p>Information about the things people do that affect how healthy they are.</p>
	<p>Information about children and young people.</p>
	<p>Information about adults.</p>
	<p>Information about the support and needs of people.</p>
	<p>Information about what the Council and PCT plan to do in the next few years.</p>

	<p>About people who live in North Tyneside</p>
	<p>North Tyneside is by the sea. It has towns and countryside.</p>
	<p>There are some villages where there used to be coal mines.</p>
	<p>In 2008 there were about 197,300 people living in North Tyneside.</p>
	<p>About 34,300 people over 65 live in North Tyneside.</p>
	<p>We think there will be more people living here in the future.</p>
	<p>Nearly 1 in 4 people in North Tyneside is aged 19 or younger.</p>

 <p>GP surgery</p>	<p>The health of people in North Tyneside</p>
	<p>Some people live longer lives than others.</p>
	<p>People die for different reasons, like illness, old age or an accident.</p>
	<p>Leading a healthy life can help people live longer. Good health services can help people live longer.</p>
	<p>Finding out how long people live helps us to know how healthy people are. It helps us to check how well health services are working.</p>
	<p>People who live in North Tyneside tend to die a year or two younger than most people in the rest of England.</p>
	<p>This means the health of people in North Tyneside is not as good as in some parts of England.</p>










 <p>GP surgery</p>	<p>The health of people in North Tyneside</p>
	<p>The Council and the PCT know some of the problems people have with their health.</p>
	<p>This Report tells you about some of the problems.</p>
	<p>People in some areas of North Tyneside tend to be healthier than people in other areas.</p>
<p>What's the Plan?</p>	<p>What's the Plan?</p>
	<p>The Council and the PCT will work with other organisations to help people be healthier and to live longer.</p>
	<p>More needs to be done to help people lead healthy lives.</p>
	<p>We need to do more to stop people dying from cancer and from strokes and problems with their hearts.</p>


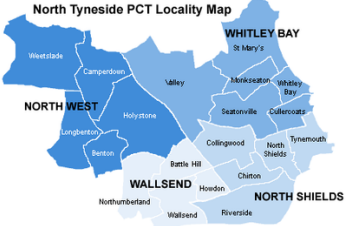





	<p style="text-align: center;">Who will need help?</p>
	<p>In the coming years there will be more people in North Tyneside who need support.</p>
	<p>There will be:</p> <ul style="list-style-type: none"> • More old people. • More disabled people. • More people with dementia • More people with health problems that can cause a heart attack or stroke.
	<p>These people need more help than other people – they use health services more.</p>
	<p style="text-align: center;">What's the Plan?</p>
	<p>We need to make sure that people get the help they need to be healthy and live independently.</p>
	<p>Advice and information about how to stay healthy.</p>
	<p>Help for people to manage their health problems better – so they don't get ill.</p>
	<p>Good help for people with diabetes.</p>





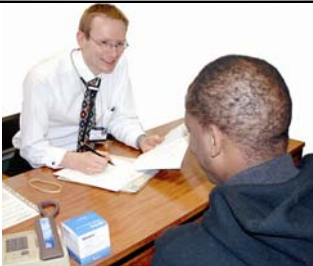

	<p style="text-align: center;">Carers in North Tyneside</p>
	<p>Caring for someone like a relative is a very important job. It can be hard work.</p>
	<p>There are more than 21,000 people in North Tyneside who look after a person who needs care, because they are old, or disabled or some other reason.</p>
	<p style="text-align: center;">What's the Plan?</p>
	<p>The Council, NHS and other organisations work together to make sure carers get the help <i>they</i> need. They might need money, help to get a job, or to learn things.</p>



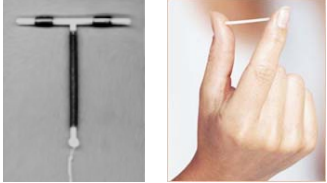

		Being overweight
		Being overweight can make our lives shorter. It can make our lives more difficult.
		In North Tyneside over half the adults are overweight. About 3 in every 10 children are overweight.
		Breastfeeding babies can help them grow into children who are not overweight.
		Mothers in North Tyneside are less likely to breastfeed their babies than in most places in England.
		What's the Plan?
		We will do more to help people lead healthy lives so they do not get overweight.
		We will do more to help overweight people to lose weight. Some people will be able to have medicine to help them lose weight.
		Schools are helping children to eat more healthy food.
		People have been working to get children to do exercise to stay healthy.






	<p style="text-align: center;">Alcohol and Drugs</p>
	<p>Some things like smoking, drinking alcohol and using some drugs can make our lives shorter.</p>
	<p>In North Tyneside people tend to drink more alcohol. This means more people die younger.</p>
	<p>Some people take illegal drugs. Some people who take drugs will need extra help to stay healthy. Some people who take drugs will cause crimes.</p>
	<p style="text-align: center;">What's the Plan?</p>
	<p>We will give people advice if we think they are drinking too much alcohol.</p>
	<p>This advice will be given by people like doctors, nurses, police, probation officers and support workers.</p>
	<p>The North Tyneside Drug Action Team has been checking how services support people who have problems with drugs.</p>


	<h2>Smoking</h2>
	<p>Smoking can make our lives shorter. People in North Tyneside are more likely to smoke than in other parts of England. This means more people here die from lung cancer and other problems caused by smoking.</p>
	<p>If a woman smokes when she is pregnant, it can damage the baby.</p>
	<p>If parents smoke it can harm their children's health.</p>
<h3>What's the Plan?</h3>	
	<p>We will help more people to stop smoking.</p>
	<p>We will look at how the NHS helps people to give up smoking to see if we can do it better.</p>
	<p>We will help mothers and other family members of children to give up smoking.</p>
	<p>We know that people in some jobs, like heavy or boring work tend to smoke more – we will help them to give up.</p>
	<p>We need to find out more about young people and smoking.</p>









	<p style="text-align: center;">Mental Health</p>
	<p>It is difficult to know how many people in North Tyneside have problems with their mental health.</p>
	<p>More people go into a psychiatric hospital ward than in other parts of England.</p>
	<p>In the next few years there will be more old people in North Tyneside. This will probably mean more people will need help with Dementia.</p>
	<p>Each year, more young people are going to hospital because they try to kill themselves or because they are injured.</p>
	<p style="text-align: center;">What's the Plan?</p>
	<p>Organisations will work together to help people with Dementia and mental health problems.</p>
	<p>We will be thinking about how we can help young people with their mental health.</p>

	<p style="text-align: center;">Sex and Health</p>
	<p>It is important that people who have sex know how to stay healthy.</p>
	<p>Chlamydia is an infection which people can get from someone they have sex with. It can cause lots of health problems.</p>
	<p>Some people get Chlamydia but do not know they have it. There is an easy test which you can use to check if you have it.</p>
	<p>Doctors want more people to have the test so they can get treatment if they need it. This will keep more people healthy.</p>
	<p>It is important that young women do not get pregnant until they are ready to have a baby.</p>

	<p style="text-align: center;">Sex and Health</p>
	<p style="text-align: center;">What's the Plan?</p>
	<p>Young people will be taught about sex and relationships in school. They will learn about how not to get pregnant.</p>
	<p>We will work to give more young women the help they need to use safe ways not to get pregnant.</p>
	<p>We will work to help more people get a test for Chlamydia.</p>

	<p>Keeping Children Safe, Healthy and Happy</p>
	<p>It is important that all local organisations and people work well to keep children and young people safe.</p>
	<p>There are 11 Children's Centres where people work with local groups and in schools – to help keep children healthy and safe.</p>
	<p>There are places where children can be looked after if their parents go to work.</p>
	<p>The Children's Disability Team supports disabled children and young people.</p>
	<p>Some children have a Child Protection Plan and a Social Worker to help keep them safe and to help them grow up well.</p>
	<p>Some children and young people live in families where there is very little money.</p>
	<p>Hundreds of children and young people look after members of their family. Some of them get support from North Tyneside Carer's Centre.</p>
	<p>Every year, more teenage mothers have a job, or go to a college or other place to learn.</p>

	<p>Keeping Children Safe, Healthy and Happy</p>
	<p>What's the Plan?</p>
	<p>We will check how we keep children and young people safe to make sure we keep doing a good job.</p>
	<p>We will do more to try and stop bullying in schools and in other places.</p>
	<p>We will work to try and make sure families have the money they need.</p>
	<p>Organisations and teams need to work better together to support disabled children and young people.</p>
	<p>We are making more safe play grounds.</p>
	<p>We will carry on supporting young carers.</p>
	<p>We will do more to help teenage mothers have a job or training.</p>

	<p style="text-align: center;">Housing</p>
	<p>Having a house can help young people to stay healthy and safe. If a young person has a house, it can be easier to have a job or go to college.</p>
	<p>It can be difficult for some people to get a house.</p>
	<p>Some people find it difficult to find a house with a rent they can afford.</p>
	<p>Some people need extra help where they live. People who are getting help with a drug problem often need extra help.</p>
	<p>There are not enough houses for people who need somewhere in an emergency.</p>
<p style="text-align: center;">What's the Plan?</p>	
	<p>Organisations will work together to try and make sure more people can get the house they need.</p>
	<p>More will be done to help people so they don't become homeless.</p>

**This report is from North Tyneside Council and
North Tyneside Primary Care Trust.**



North Tyneside Council



NHS North of Tyne

**You can find out more and read the full report on
the North Tyneside Strategic Partnership website:**

www.northtyneside.gov.uk/ntsp/jsna.shtml



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Skills for People helped to make this easy read.



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