

Together We're Better is your local partnership of NHS, local government and voluntary sector organisations. We are working collectively to make decisions to transform health and care services across Staffordshire and Stoke-on-Trent.

Our partners are working closely together to achieve this transformation through a series of work programmes. Each programme is clinically-led and focussed on its own aims and objectives to ensure local people have access to high quality, sustainable services for the future.



Prevention programme

We're working to enable you and your family to take control of and manage your own health and wellbeing so that health and care services can be there when you really need them.

Our priorities and projects

- We want to simplify and connect services to ensure we have a local health and care system that promotes independence and wellbeing
- We're working to create a 'think family and community first' culture so that you and your family are able to live independently and manage your own care needs
- We want to ensure you are able to access information that supports wellbeing and healthier lifestyles
- We are seeking to reduce the risks to your wellbeing by improving where and how you live.

Our aims and outcomes

- We're determined to reduce the risk of falls by supporting you to maintain and regain your independence and reduce the need for more complex care – helping to cut the risk of a visit to A&E and being admitted to hospital
- By supporting you to maintain good health or improve your wellbeing, we hope to see a reduction in the number of people who need health or social care support
- We're seeking to reduce the level of diabetes, obesity and heart disease in Staffordshire and Stoke-on-Trent by working with you to avoid or reduce the risks of developing these conditions
- We're also working with local government organisations, the Beat the Cold charity and EON to bid for money to address the cost of heating energy inefficient and cold homes.

Case study

How Georgina got back to leading a healthy lifestyle:

Georgina's GP recommended that she contact the Everyone Health Staffordshire team during an appointment in which she reported feeling breathless alongside swollen feet and ankles. More than 100 Everyone Health Staffordshire clinics are providing advice and support on stopping smoking, managing weight, falls prevention, social isolation and NHS Health Checks. As a result of working with the team, Georgina now eats more healthily, exercises more and has achieved her goal of losing 5% of her weight and 4cm from her waist. Georgina praised the staff for their knowledge and support, while the advice she received about different foods and how the body uses them were both informative and helpful. As Georgina states: "I have enjoyed the whole experience and would recommend it to anyone who needs to kick-start getting back to a healthy lifestyle."