

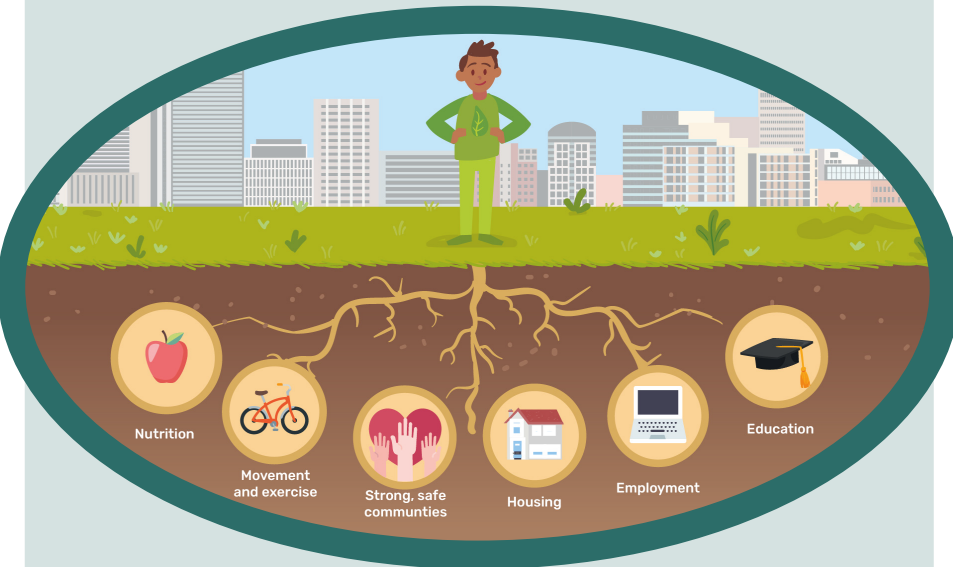
Upstream Models of Care Explained



A joint venture to support the local VCSE sector in Greater Manchester

What is an upstream model of care?

An upstream model prioritises prevention, and aims to improve people's health over a whole lifetime, rather than intervening when they are already unwell.



That might mean:

- **Improving access to nutritious food**
- **Supporting people to build movement into their everyday lives**
- **Good quality housing**
- **Access to education and fair employment**

Rather than simply treating poor health as it occurs, we need to create the conditions for good health. Working in this way helps to reduce the likelihood of illness occurring in the first place.

What are health inequalities and how do they affect people?

In Greater Manchester, there are many factors that affect our chances of having a long and healthy life. Inequalities, such as poor housing, living in poverty or insecure employment can worsen our physical and mental health over time.

Belonging to vulnerable or excluded groups in society can also impact how we experience health and wellbeing. Some communities experience more barriers to support, are less likely to have illnesses detected early or have a poorer experience of health services.

We need to:

- **Create more opportunities and places for people to lead healthier lives**
- **Tackle discrimination and prejudice that can lead to health inequalities**
- **Change how we spend resources, designing services with communities**

What is the role of the VCSE sector?

Voluntary, community and social enterprise (VCSE) organisations are rooted in the places they serve and help to build strong, connected and healthy communities.

Some examples are:

- **Residents coming together as part of networks and groups to make a change in their neighbourhood**
- **Delivering specific health and wellbeing services, often funded by or in partnership with local authorities and the NHS**
- **Linking people to local information, support and activities which support their wellbeing**
- **Peer support groups which help to reduce isolation and advocate on behalf of specific communities**



How 10GM and others are coming together to tackle health inequalities in Greater Manchester



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Home from Hospital support

Not everyone in Greater Manchester has access to the same level and type of support when they are discharged from hospital.

The GM VCSE Hospital Discharge Alliance is a group of providers who have worked together to improve the experience of people leaving hospitals.

Providing consistent, local and culturally appropriate support at home following a hospital stay can reduce unnecessary readmissions to hospital, and improve chances of long-term recovery.



Cancer and Inequalities projects

Different communities have worse experiences and recovery from cancer than others. 10GM is working in collaboration with GM Cancer, and partners from the NHS and VCSE sector to achieve a permanent reduction in inequalities and inequity.

This work brings people together focusing on inequalities, prevention, and early diagnosis to narrow the gap in peoples' experiences. It includes programmes such as Answer Cancer, a voluntary sector partnership working to improve cancer awareness and increase the uptake of cancer screening.

Violence Reduction programme

Some areas of Greater Manchester are more affected by violence. The Greater Manchester Combined Authority Violence Reduction Unit have commissioned 10GM (led by Bolton CVS) to deliver a programme of community-led approaches to violence reduction.

The programme works with young people aged 10-25 years and their families. The programme empowers community groups, young people and families to agree activities that promote belonging, positive relationships and wellbeing.

