7 Big Ideas

1. **Personalised and Preventative Healthcare**

   o Create **personalised care plans** for all individuals, integrating annual health checks and tailored preventive measures based on genetics, family history, and lifestyle.

   o Expand **social prescribing** and embed creative initiatives like singing groups, fitness activities, and outdoor events into healthcare pathways to improve mental and physical well-being.

   o Focus on early detection through tools like **AI-supported risk profiling** and genetic screenings to identify hereditary conditions and potential health risks.

2. **Integrated, Community-Based Care Hubs**

   o Transform traditional GP practices into neighbourhood hubs offering diverse services like diagnostics, walk-in clinics, and voluntary sector support.

   o Establish these hubs as central touchpoints in a continuous care cycle, connecting GPs, hospitals, and home-based care.

   o Use e.g. care homes and rural hubs as community centres, offering activities and support for both residents and non-residents to reduce isolation.

3. **Improved Digital Access and Usability**

   o Upgrade the NHS App with an intuitive user interface, voice-activated features, and seamless medical record sharing.

   o Address the digital divide by providing non-digital options and community-led digital training initiatives through schools, libraries, and organisations like AgeUK.

- Simplify proxy access for carers and enhance cyber security to ensure all patients, including vulnerable groups, feel confident using digital tools.

4. **AI and Technology for Enhanced Diagnosis and Management**

   - Equip healthcare providers with AI tools for real-time diagnoses, pattern recognition in medical records, and population health management.

   - Deploy advanced diagnostic equipment in community hubs to ensure the same level of care as hospitals.

   - Use AI for personalised prevention, such as identifying at-risk patients early and enabling co-produced care plans for long-term or end-of-life care.

5. **Support for Vulnerable and Marginalised Groups**

   - Tackle the housing-health connection by supporting those in temporary or unsuitable housing, ensuring they receive consistent follow-up care.

   - Reduce loneliness through community-driven solutions like group activities, local support networks, and advocacy by voluntary organisations.

   - Ensure inclusivity in healthcare systems for individuals with mental health challenges, learning disabilities, autism, or other barriers to access.

6. **Stronger Links with Voluntary and Community Sectors**

   - Integrate **voluntary organisations** into healthcare services to provide advocacy, social activities, and supplementary support for vulnerable populations.

   - Empower **Health and Wellbeing Boards** to plan services based on local needs, with stronger partnerships between the NHS and community groups.

- Boost **health literacy** by creating accessible, trusted resources and ensuring services are available in multiple formats to accommodate diverse needs.

7. **Learning from International Systems**

- **Adopt best practices from abroad**, such as Belgium's successful model of **annual health checks** and **neighbourhood clinics**, adapting these systems to the UK's needs.

- Introduce **patient contributions** for services to foster open dialogue about healthcare funding and expectations, ensuring a more sustainable and effective system.

- **Learn from global innovations** in care, such as the integration of AI in diagnostics in countries like the U.S., which can enhance the quality and speed of medical decision-making.

Key Themes Across Notes

- **Communication:** Ensuring that interactions are empathetic and engage with audiences to understand their circumstances.
- **Personalisation**: Tailoring care to individual needs through prevention, technology, and co-produced plans.
- **Community Integration**: Shifting care to neighbourhood hubs and involving local organisations.
- **Digital Inclusion**: Bridging the digital divide with accessible tools and training.
- **Technological Support**: Leveraging AI and advanced diagnostics to enhance care.
- **Equity in Care**: Addressing housing, loneliness, and barriers faced by vulnerable groups.
- **Collaborative Planning**: Strengthening partnerships between the NHS, voluntary sector, and local communities.
- **Learning from Abroad**: Drawing on international healthcare models and innovations to inform and improve the UK system.

These ideas aim to create a health system that is **accessible, proactive, inclusive, technology-driven, and informed by global best practices**, ensuring a healthier and more connected future for all.