

# Our health in our hands

Good health and care is everyone's responsibility.  
What will you do differently?

## The NHS turns 70 this year, but it needs our help to be fit for the future

May's extra cash for NHS is not enough,  
says spending watchdog

**theguardian**

NHS Wales: EU recruits still needed after  
Brexit

**BBC**

Please use the NHS 'responsibly',  
health chiefs tell patients after eight  
million missed appointments cost  
£1billion in a year

**Daily Mail**

15 ways you can help the NHS:  
from donating breast milk to  
knitting for patients with  
dementia

**iNews**

## Calling on the support of the the WI in Wales

In the 70th year of the NHS, the Bevan Commission calls upon the passionate support of the WI in Wales, recognising the considerable power and influence WI members have within their local communities. It also recognises the important contribution you have made over the years in supporting and health and wellbeing of families and friends.





We know that people in Wales and WI members are passionate about the NHS and its Welsh origins and we would like to capture and use this knowledge and the local insights to create a 'social movement for change'. We want to change the dependency on medical solutions, make sure we use the important skills and resources wisely and help us to take care of ourselves and others in ways which may not need drugs, tests or other interventions.

We want to start a wider conversation with the WI and your networks so that we help influence and inform others to ensure that we create the very best health and healthcare services now and for our future generations.

## Making prudent health and care decisions

You may already support the health and well-being of those around you. What we want to know is - what can you do differently in the 70th year of the NHS to sustain health and care here in Wales?

We call upon WI members to help us make prudent healthcare a reality, sustaining health and care in Wales. In this session we will be discussing the prudent decisions you can make and the actions you can take to make the NHS sustainable. There are four key principles to keep in mind:

-  Prevention is better than cure
-  Getting best value is crucial
-  Avoiding waste is essential
-  Using all skills and resources to best effect is critical

## Questions to explore as a group



- What do you do to keep yourself healthy and well?
- What are your alternatives to seeing your GP?
- Do you know what services are available to support you?
- How do you feel about asking questions and asking for alternatives when you are with a healthcare professional?
- Do you get involved in the design or delivery of your local health and care services?
- Do you waste resources whether time, medications, missed or unnecessary appointments?
- What actions can you take to ensure local people are getting the appropriate support (maybe not medical services) they really need (note many health problems and linked to loneliness and isolation)
- What could you personally do to contribute to a more prudent NHS for the next 70 years?

The Bevan Commission would love to hear more about your answers to these questions. To send on your feedback, please email [bevan-commission@swansea.ac.uk](mailto:bevan-commission@swansea.ac.uk) or write to Bevan Commission, School of Management, Swansea University Bay Campus, Fabian Way, Swansea, SA1 8EN.

## Next steps

### Resource pack

Have you been inspired to do something differently in the 70th year of the NHS? Download the 'Our Health in Our Hands' Resource Pack for further supporting materials, case studies and step-by-step activities you can do as a WI group or as an individual.

The resource pack will examine themes of health and care in detail, so you can pick and choose which areas you (or your group) are most interested in, including: Caring for our Community, Looking After Our Mental Health & Wellbeing, Keeping Ourselves Healthy and Well and more.

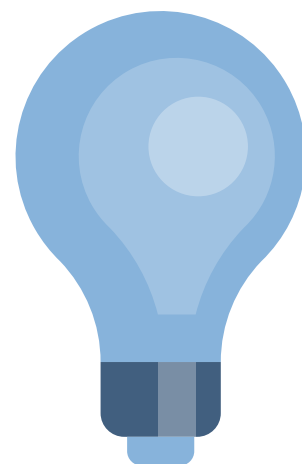
Download the 'Our Health in Our Hands' Resource Pack at:  
<https://www.thewi.org.uk/s/OurHealthinOurHands/>

Alternatively, to access a paper copy, please call the Bevan Commission on 01792 604630.

### Get involved

WI members can make a huge difference in local communities. You can start a conversation with your friends, family, neighbours and colleagues about the importance of taking care of yourself without needing to depend on medical interventions. Here are a few of the practical ways you can help:

- Look after your own health and wellbeing
- Look after the health and wellbeing of friends, family and your community
- Take a more active role in any healthcare tests, treatments and decisions you may have
- Make an informed decision on which healthcare service or professional to see based on your needs
- Influence and shape your local health and care services
- Support others to make prudent health choices and decisions



**Good health and care is everyone's responsibility.**  
**What will you do differently?**



BevanCommission



[bevancommission.org](http://bevancommission.org)