Partnership session in Leighton Buzzard

18th November 2019

Bedford, Luton and Milton Keynes
ABOUT BUILDING HEALTH PARTNERSHIPS

• Purpose is to **develop relationships** between voluntary and community organisations and statutory health and care organisations to **improve health and care with and for local people**

• Two strands – **tangible project/product/output**, alongside process supporting **culture change** and new ways of working

• **Action research** approach: learning, doing, reflecting, learning, doing differently… in partnership

• Builds on what’s going on already locally – adding momentum and support, **not ‘another project’**

• Funded by The National Lottery Community Fund and NHS England and NHS Improvement, in 4 Integrated Care System (ICS) areas in England
Which areas are taking part in this year’s cohort?

1. Bedfordshire, Luton and Milton Keynes (BLMK)
2. Dorset
3. North Cumbria
4. Surrey Heartlands (Guildford & Waverley ICP)
“A programme that breaks the usual mould and enables new and fresh solutions-focused dialogue between different partners across the sectors, with patients and the public at the centre.”

Speaking the same language? Squeaky duck jargon busting
Elements of the Programme

• Steering group
• Partnership/ Co-design days
• Doing something! Taking action together
• Reflecting and sharing learning
• King’s Fund Leadership Workshop
• Practice Development network: Transforming Healthcare Together.
## BLMK STEERING GROUP

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Organisation</th>
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<tbody>
<tr>
<td>Celia Shohet</td>
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<td>Clare Walton</td>
<td>Chief Exec</td>
<td>Community Action MK</td>
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<td>Diana Blackman</td>
<td>Chief Exec</td>
<td>Healthwatch (Central Bedfordshire)</td>
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<td>Ian Brown</td>
<td>Chief Officer for Public Health and ICS Lead</td>
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<td>Ian Revell</td>
<td>Chief Exec</td>
<td>Milton Keynes Community Foundation</td>
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<td>John Gelder</td>
<td>CEO</td>
<td>Community Action Bedfordshire</td>
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<td>Martin Trinder</td>
<td>Chief Exec</td>
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<td>Programme Manager ICS</td>
<td>BLMK Integrated Care System (ICS)</td>
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<td>Michelle Rigby</td>
<td>Head of Partnerships</td>
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<td>Michelle Summers</td>
<td>Head of Communications and Engagement</td>
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<td>Muriel Scott</td>
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<td>Nina Pearson</td>
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<td>Peter Howitt</td>
<td>Director of System Redesign</td>
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<td>Rosanna Hudson</td>
<td>Executive Assistant ICS</td>
<td>Milton Keynes University Hospital NHS Foundation Trust</td>
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<tr>
<td>Sonal Mehta</td>
<td>Neighbourhood Pharmacist (South) and CCG Self-Care Lead</td>
<td>Milton Keynes CCG</td>
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Examples from other BHP areas

- **Nottingham and Nottinghamshire:** working to reduce delayed transfers of care in Greater Nottingham. By end of July 2019, they expect to have the knowledge, cross-sector relationships, senior buy-in and investment plans required to build the capacity of providers and reduce delayed transfers of care for this patient cohort.

- **North Cumbria:** building on existing work being carried out by the NHS working with local communities and organisations to identify people at risk of stroke and raise awareness of the ways stroke can be prevented. The project aims to reach them with health advice and information to reduce that risk.

- **Frimley Health and Care:** The ICS partnership in Frimley is teaming up with employers, starting with those in the ICS to design a campaign aimed at workplace health and developing a collective commitment to looking after local people, and sharing resources, skills and expertise to really care for those people who work in the system.
• **Healthier Lancashire and South Cumbria:** exploring how open, transparent and shared leadership between statutory health and care partners and the voluntary, community and faith sector (VCFS) at neighbourhood level can improve health and wellbeing of their communities. The ICS is investing up to £50,000 across five neighbourhoods, each of which will pilot a project working in partnership with the voluntary sector on a specific health or wellbeing area, which they will decide based on the needs of their local population.

• **West Yorkshire and Harrogate Health and Care Partnership:** The Integrated Care System of West Yorkshire and Harrogate have worked with local people and service users to identify two health conditions that are associated with complex patient needs, and two sites to try a new way of working. They are working on a number of youth-led projects that aim to improve access for young people to activity and improved health and wellbeing.
In our local community....

1. What helps us communicate well? What gets in the way?

2. What helps us feel good and stay healthy and well? What gets in the way?
What helps us to feel good and stay well in Leighton Buzzard?
What is happening in Leighton Buzzard?
What is it like here?

Prosperous market town alongside deprived areas/estates
Rising criminality and rising drug culture
Traffic and congestion
Fantastic community events
Good community spaces and parks
Mix of old and new community: commuter belt and old market town
Vibrant town centre
Highest number of rough sleepers in central Bedfordshire
Some anti-social behaviour
Dormitory town which impacts on community life: no involvement in the community of new people coming in
Not building houses for younger people
People moving from the south where prices are cheap
Social isolation in a new community, but older people as well on new estates
Generations move here to provide support in the family
What helps?

Facilities for young people in their neighbourhoods
More cycling, especially on new estates
More effort on community cohesion
More police presence and enforcement
More community facilities in the town and in the surrounding neighbourhoods
Digitally connected communities (Next Door)
Big Lunch
Canal Festival
Christmas Festival
Community House/Café in the Park
Lots of voluntary organisations, e.g. Scouts, Guides etc.
Skate park and green gyms
Play café (should there be more?)
Daily mile and healthy living in schools

Rough sleeper pathway: outreach service; night shelter; meals; Lighthouse (Crisis) café

Combat social isolation on new estates by building in the support services. Places to meet and gather, nowhere big enough.

What can we do to bring people together? How to facilitate? What services do people want?
What gets in the way?

- GPs follow up post operation, e.g. taking exercise
- More partnership working with VCS
- Multi-use facilities
- Community engagement around shaping a health hub
- Getting information about help and services to the community
- A health hub linked to arts/culture etc. and community facilities
- Appropriate primary care: integrated care (through PCNs) and joined up thinking – social prescribing and alternatives to GP
- Pleasure/leisure facilities for young people
- Urgent care provision
- Helping people to know what is available
- Can we create community resilience?
- Facilitate connections at a grass-roots level. Sandhill model?
What could we do differently?

More regular public transport
More informal settings for individuals and groups to come together, e.g. free/low cost outdoor and indoor spaces
More opportunities for creative activities
More vibrant local high street and shops
More facilities for young people and lack of premises
Tackle traffic and pollution
Address the increased pressure on services, e.g. education, health etc., as a result of housing growth
Share information with community/voluntary sector about local health developments, e.g. Health Hubs, PCNs etc.
Let local people know what is in place already, e.g. local services, groups etc.
More 1:1 mental health services
Better accountability of power-holders to local people and communities – “Give local people a voice!”
Action Plan
Next steps

A group of participants said that they would like to be part of a smaller working group looking at how to take up some of the ‘What would we do differently?’ points for Leighton Buzzard and also feed into future discussions and actions for the Bedford, Luton and Milton Keynes BHP Steering Group.

The area lead for Leighton Buzzard, Celia Sohet, will follow up with those individuals who said they would be interested to be part of the smaller working group.

Leighton Buzzard is one of four local areas within Bedford, Luton and Milton Keynes (BLMK). At the wider BLMK BHP Steering Group meeting on 19th December, the leads for the four areas will feed in key points raised at the local area workshops and the Steering Group will decide on an overarching plan for BLMK.
To read more about Building Health Partnerships, please visit
ivar.org.uk/our-research/building-health-partnerships