

# Healthy Lives update

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## Upscaling the Healthy Lives Programme for 2018-19

Recent workshop involving the voluntary sector, local LPC, Healthwatch and Compassionate Communities. Work being delivered through Help2Change, Community Enablement Team and in collaboration with VCSA

### ***Discussion around what is important:***

*“Understanding each others worlds and how we work”*

*“Improving outcomes for Shropshire people”*

*“Common purpose”*

*“To use evidence. Informed but not obsessed by it – not a barrier”*

### ***Discussion around what everyone has to offer to Healthy Lives upscale:***

*“Developing volunteers...supporting citizen action”*

*“Programme management experience...Making it happen”*

*“Neutral and independent...listen without an agenda”*

*“Experience working across all ages, from pregnancy to older people”*

## **Communications Strategy**

Work continues to create messages which are accessible and meaningful to both the public and those working at a strategic level

### **Shropshire Visibility at regional and national level**

- Midlands Social Prescribing network - Chaired by Shropshire Council
- 1<sup>st</sup> International Social Prescribing Conference
- - The Shropshire model and the evaluation approach recently presented at the conference. Cabinet Office Social Value workshop, Birmingham – Social isolation and loneliness workshop
- presentations to other areas in the Midlands,

## Social Prescribing



- Albrighton and Bishops Castle - Operational since March 2018.
- Oswestry - Referrals increasing, with proactive approaches to increase these further, including DWP engagement
- Shrewsbury - Well attended Social Prescribing Event held on the 19<sup>th</sup> June in Shrewsbury with around 80 people in attendance. Real sense of enthusiasm to become involve. 4 x GP Practices will be involved initially. Set to be fully operational from September 2018.
- Bridgnorth next area
- Main concerns being identified thus far; loneliness and isolation, lifestyle issues, mental health difficulties.
- Referrals now increasing in younger age brackets.
- A children and young persons' proposal has been developed, and will focus on social isolation and loneliness in those aged between 16 and 24 years of age.

## Carers

Work is led by the All-Age Carers Strategy & Action Plan

- Hospital and carers needs links strengthened
- 2 x NHS England funded projects, joint with T & W 1 = young carers and publicity/ awareness of young carers esp. in schools and college (Workshop April '18) 2 = x 8 carer workshops countywide in planning stage, focussed around carer stress management (Autumn 2018)
- Joint Shropshire/T & W Mental Health Carer working group
- National Carers Action Plan has been published.

<https://www.gov.uk/government/publications/carers-action-plan-2018-to-2020>

This will be linked to the Shropshire Action plan - similar actions.

## Cardio-Vascular Disease (CVD)

- Successful bid for Atrial Fibrillation Devices. Opportunistic screening to detect stroke risk in pharmacies. Partnership with Help2Change/LPC/CCG

## Diabetes (pre-diabetes)

- The National Diabetes Prevention Programme (NDPP) launched in April 2018. H2C have offered their services to the NDPP commissioned provider, but without success as yet. However, opportunity to join the NDPP steering group, and this will be taken up by a representative from Help 2 Change.
- Help 2 Slim service is available for people to self-refer or be referred as part of the Social Prescribing Programme.

## Mental Health

- Linking mental health to Social Prescribing
- Mental health needs assessment has been completed for Shropshire with an action plan
- *Shropshire Suicide Prevention Strategy* - quick information" card anticipated launch at Shropshire and Telford & Wrekin Suicide Prevention Network meeting on Tuesday 11<sup>th</sup> September 2018.

## **Musculoskeletal system,(MSK) Falls and Physical Activity**

- Functional Fitness MOTs - events across Shropshire aligned to the Community Postural Stability classes and Social Prescribing
- Community Postural Stability Pilot - 9 independent instructors recruited and contracted as self-employed instructors to deliver the Community PSI class
- Help2Change piloting the Joint Pain programme.