



**Integrated
Care Partnership**
South Nottinghamshire

Community Voices

A South Nottinghamshire ICP Community Engagement Event

Workshop topic information

Topic overview: Ageing well

People in England can now expect to live for far longer than ever– but these extra years of life are not always spent in good health, with many people developing conditions that reduce their independence and quality of life.

The NHS Long-Term plan sets out objectives to ensure older people have greater control over the care they receive, with more care and support being offered in or close to people's homes, rather than in hospital. It also commits to more efficient use of technology such as wearable devices and monitors to support people with long term health problems in new ways, helping them to stay well and live independently for longer.

In Care Homes, each home will have a linked GP Practice to ensure that residents get that consistent care that's so important in later life.

We want to support older people to age well in better health, with the support and care they need when they need it. We also want to support older people through the difficult times ahead. As the Covid-19 pandemic continues, the restrictions on socialising mean older people are more likely to feel lonely and isolated. Social isolation and distancing can lead to anxiety, depression, stress, and other negative feelings and this in turn can have negative impacts on people's physical health. We are committed to supporting older people through these challenging times.

In this breakout room, we want to talk about how we can better support our local older people, what are the challenges and opportunities? How can communities make a difference to their health and wellbeing.

Topic overview: Care Navigation

At its core, care navigation supports patients to navigate their way through the complex health and care system by providing them with the as much relevant information as possible to make their own decision and signposting them to the most appropriate health professional.

It also offers people choice by providing them with information to access the support that is right for them and ensure that a patient sees the right person, to provide the right care, in the right place, at the right time.



@SouthNottsICP



/SouthNottsICP

www.healthandcarenotts.co.uk

Care navigation improves the journey through health and social care and enables doctors to spend more time to care for patients with long term conditions or complex needs.

We are working with our PCNs and Community services staff to implement our local model of care navigation, this focuses on

- Identifying those patients whose care needs to be more coordinated particularly across health and care services
- Addressing any care gaps and ensuring this is actioned in a timely manner
- Health and social care professionals meeting to discuss patient needs with patients and carers so an effective care plan can be put in place
- Working to avoid unnecessary hospital admissions
- Providing coordinated end of life care
- Looking at the wider community and voluntary sector landscape to see how patient might be supported with other services

This break out room will look at the patient journey through health and social care and look at the challenges and opportunities locally, drawing on people's experiences of the system locally.

Mental health

The NHS long-term plan is committed to improving mental health services for patients. The plan commits to: increasing the amount of mental health funding being spent on services for children and young people; improving access to talking therapies for people with anxiety, depression and other common mental health problems; access to 24/7 mental health crisis and more mental health support in the community for people with mental health problems.

In Nottingham and Nottinghamshire, we have a system-wide strategy which commits to improving services locally.

We have come a long way in the last two years. In 2019, we launched mental health support teams in a number of schools in South Nottinghamshire giving pupils in Rushcliffe and Gedling access to help from NHS trained staff within their school environment.

In 2020, we launched a new 24/7 crisis line and seven day mental health advice line, which are now running alongside comprehensive talking therapies services. These new mental health lines were delivered earlier than planned in response to the impact on mental health caused by the Covid-19 pandemic.

In South Nottinghamshire, we also deliver the highly effective Primary Care Psychological Medicine service, which links physical health issues with mental health support.

This workshop will look at your local communities and consider the challenges and opportunities for developing mental health services and will look at how you can be involved with shaping services and supporting people across your communities to manage their mental health and access the support they need.



Health and wellbeing

South Nottinghamshire ICP is committed to helping local people to live happier, healthier lives.

Good or bad health is not simply the result of individual behaviours, genetics and medical care. A substantial part of the difference in health outcomes is down to the social, economic and environmental factors that shape people's lives. We also know that these differences vary across our communities with some geographical areas experiencing poorer health outcomes than others.

Across the area, health and care, voluntary and local government organisations provide a range of services to support people to improve their health and wellbeing. These include smoking cessation, weight management, friendship groups, food banks, welfare and financial advice and much more.

Where should the South Nottinghamshire ICP prioritise its work on health and wellbeing, what should be the focus and how we can build on successes like Social Prescribing? What is working well in your community to improve health and wellbeing? How do we build a focus on health and wellbeing in our Primary Care Networks and neighbourhoods?

Community engagement

The way we work, and the system we work in, is changing and this makes it more important than ever that we have a robust approach to community engagement. Our local people should be our greatest asset, and as such our priority is to create an environment in which strong and confident communities can emerge and influence the changes across health and care.

Aside from Covid-19, we are facing considerable challenges over the next few years, including rapid population growth over the next decade, increased demands on services, areas with high levels of deprivation and a continued decrease in funding and resources across statutory agencies. This makes it imperative that we fully engage our communities as we together shape the services of the future.

South Nottinghamshire ICP aims to enable and support strong, active, and inclusive communities who can influence and shape the community in which they live and work. We are just starting on this journey. So far, we have created a community newsletter, set up social media channels and this is our first community event. Our plans for a large community event were put on hold for Covid-19.

From this session, we are really keen to hear people's ideas how we can effectively engage with our communities. In fact, it's much more than engaging and raising awareness, it's about involving local people in their own community, our work and giving them ownership over community improvements and developments in health and social care.

In the current environment, in this breakout room, we'd also like to explore new approaches/mechanisms of engagement and how virtual communication and engagement can be a vital platform to keep people from feeling isolated.

