

## **OX12 Project**

### **Solution Building Event**

#### **Group work 1 – Promoting and Developing Health & Wellbeing**

##### **Post-its**

##### **Healthy Environment**

- Healthy place. Shaping Model for Bicester is worth building on!
- Leisure Strategy ALL PARTNERS
- District Council new Leisure strategy to feed into promoting into greater Health and Wellbeing outcomes including eg., Go Active Scheme expansion and promotion
- New Leisure Centre should include therapy services eg, cold water pools for mental health benefit. Rehabilitation, disabled pools etc.
- Infrastructure – trim trails – leaflets
- Community czar to link together what is currently a very fragmented basket of different services
- Community Café's – run by the Community for the Community – all ages, promoting Wellbeing & connectivity
- Create Community FARMACY with fresh fruit and veg in empty shop in Market Place
- Healthy place based shaping. Focus on prevention and Community facilities

##### **Accessible Health & Wellbeing**

- Make everything accessible to limited mobility
- Health & Wellbeing focal points in OX12
- County Council provide mobile unit (bus) for Wellbeing Unit throughout OX12
- Healthy hub (transport issue + Community + accessible)
- Digital Innovation eg, using Aps for young people – diabetes scan
- Primary Care settings as a 'touch point' + hub for the Community – Social Prescribing, linking into Community
- BP machines in Community eg, Supermarkets, Sports Centre? funded by Rotary
- Speech Therapy – Age Concern have advice days in local Village Halls or Church Halls

## **Volunteering**

- Encourage newly retired people (after the first year) to volunteer
- Encouraging volunteers
- Link needy with volunteers eg, go into Schools

## **Mental Health**

- Mental Health campaigning improved. Prevention + Services
- INTEGRATE MENTAL HEALTH CARE INTO GP PRACTICE eg, Oxfordshire Mind project running at Newbury + Church Street – means GP's + Mental Health workers can work together
- Mental Health workers + care navigators working together to help patients access community group

## **Food**

- Teach more Domestic Science
- Develop social responsibility with Businesses
- Improve access to healthy food and promotion

## **Cancer**

- Require Data on Cancer rates – Age groups?
- Cancer rate Male or Female and age range. Screening

## **Children and Young People**

- Integrated Children's Services + Adults. Better access to Children & Mental Health Service. Co-location Services
- Young need early care – Car Parking £14 – blood pressure prevention
- A clear focus in prevention + early years – SURE START PLUS
- Missing from discussion is voice of young people + parents with children
- Promotion of exercise & diet at Schools by a dedicated professional

## **Loneliness**

- Improve Community communication outlets
- More services in local venues – Bring people together – Community support
- Encourage good neighbour scheme and sharing info about group activities
- Trigger points for loneliness. Add new and expand existing connections with
  - New home owners
  - New Mums/Dads

- New Divorcees
- New Widows/Widowers
- Those stopping driving
- Promote Independence. Reduce Isolation. Promote inclusion
- AWARENESS - GP visits to villages to help isolated unconnected people. Also then promoting via the GP use of Community groups
- Talk to each other
- Gardening
- Sharing allotments
- Gardening in other people's gardens
- Offering space in gardens to other people
- Set up / have one social group for all ages and disabled
- Enhanced information sharing and provision around group health – building activities eg, gardening, walking groups/health walks (helps address loneliness as well as build health)
- Interaction between ages to build resilience into community
- Promote more inter-generational links ie, book clubs for retired folk and children
- Promoting volunteering at all ages and the benefits of volunteering
- Set up day centres for not only older people but also new mums. It could be in the Village Hall or in the local Pub

### **Third Sector**

- Commission services differently – bring voluntary + Third Sector providers TOGETHER! please
- Support Third Sector
- Event Organised Primary Care Practices and Third Sector on barriers + opportunities + Social Prescribing
- Engage local Communities to support delivery of Clinic based sources with Third Sector and Professional support as required

### **Promoting Health**

- Promoting activity in local workplaces – lunchtime walks/cycle rides – promoting wellbeing at work
- Social Prescribing – let's grasp the opportunity
- Social Prescribing Model → channel people away from burdened GP practices into community services → fund expansion/creation of Third Sector/voluntary services so people can access support CLOSER TO HOME. → community groups (eg, Street Pastors) being able to refer to a Social Prescriber
- More and better pre-school activities and Health Education

- Improving Education about a healthy lifestyle
- Making every contact count
- Create walking buses for Schools
- Improve cycle routes and make them safe to use
- Use of Social Prescribing and Pharmacist in local communities
- Educate people not leaflets
- Social Prescribing – linking Health and Community Services/activities
- Encourage and develop the infrastructure to promote activity and participation in sport for all ages and abilities
- Self Help Groups
- Promote access to exercise in middle age – a number of clubs in Wantage very welcoming eg, Cycling UK, White Horse Harriers
- Education – healthy eating - exercise
- Primary Care Networks employ Social Prescriber and Pharmacist who will liaise with Community Pharmacists
- OX12 App! – Gives info of services/groups local to OX12 → reduce loneliness/isolation + increase support. Presents volunteering opportunities in the local area. Information about transport timetables and updates about delays. Information about events taking place in local area → reduce isolation/loneliness

### **Organising Services Better**

- Use paramedics in Primary care to do home visits to detect undiagnosed hypertension and arterial fibrillation – secondary prevention
- Better communication + integration across the services
- Outreach clinics for the villages with the doctors and nurses once every 2 weeks in the afternoon/morning
- Have Surgeries local in villages
- Expand Health Centre
- Local Surgeries for Health Professionals – transport is a key issue
- Old Day Centre (next to Stirlings) use for facilities/appointments
- Practices work together to look at Management long term conditions – learning from each other + identifying best practice
- Co-ordinator Post outside hospital setting – inclusivity of all health conditions
- Co-location of all Health Social Care, Leisure, Mental Health
- Bed blocking solution. Care Homes OX12 lease short term beds for bed blocking patient until care in home can be arranged

### **Other**

- OX12 Implementation Group