



## Welcome from Dr Geoff Hanlon

The first edition of 2020 focuses on new beginnings, future developments and January campaigns designed to support the residents of Leicestershire and help us all get the new year off to a positive start.

Firstly, we send our congratulations to David Shepherd, a retired GP and IT specialist academic at University of Leicester who was awarded the PCSI 2019 Innovation Prize at the PCSI Conference in Copenhagen.

The new Home First service launched on 1 December 2019 and will bring together an integrated health and social care offer.

We have news on an assistive technology dementia pilot designed to help people with dementia living at home, due to go live in February 2020.

A new leaflet 'My first 1001 days' is now available, as part of the work being undertaken on the Ensuring the Best Start in Life priority of the Leicestershire Children and Families Partnership plan.

Leicestershire County Council's January health campaign focuses on the support available for people across Leicestershire from the

weight management service and the council's stop smoking service.

Time4Leicestershire is a new local skills exchange initiative across Leicestershire that launched this month. Benefits for participants include feeling happier and healthier and improving their self-esteem.

The new year can be a really difficult time for some people, so please support the county council's January Start a Conversation social media campaign - because nobody should suffer alone.

The county council has also launched a consultation asking for people's views on their Adults and Communities draft strategy promoting well-being and opportunity across Leicestershire. The consultation ends on 22 March 2020.

Further information about our Integration Programme, including the Better Care Fund is available on the Integration Programme



main page:

<http://www.healthandcareleicestershire.co.uk/health-and-care-integration/>

For previous editions of this bulletin please follow this link: [www.healthandcareleicestershire.co.uk/health-and-care-integration/health-and-care-integration-newsletters/](http://www.healthandcareleicestershire.co.uk/health-and-care-integration/health-and-care-integration-newsletters/)



## Congratulations to David Shepherd

David Shepherd, retired GP and IT specialist academic at University of Leicester was awarded the PCSI 2019 Innovation Prize at the 34th Patient Classification Systems International (PCSI) Conference held in Copenhagen in November 2019.

The innovation prize was awarded to David and Mark Pierce from Leicester City Clinical Commissioning Group, and James Barrett and Alan Thompson of Johns Hopkins HealthCare, Baltimore, Maryland for their paper "Using Primary Care Data to Identify and Address Unexplained Variation in Primary Care".

The conference provided an opportunity for delegates from around the world to present their work on using activity-based funding tools, approaches and data to achieve higher value care for individuals and communities, and how they might measure that they've achieved this. <https://pcsicph2019.dk/index.html>



## Home First service partial launch

The new Home First service, which is part of the first phase of the Community Services Redesign programme of work ongoing across Leicester, Leicestershire and Rutland launched at the beginning of December 2019. Whilst not fully operational; Home First will bring together an integrated health and social care offer delivered by community-based nursing, therapy and adult social care teams to:

- support people to remain in their homes when they are having a health or social care crisis, rather than needing to go into hospital or a care home.
- help people get home from hospital quickly and provide them with rehabilitation and reablement to help restore their health, wellbeing and independence.

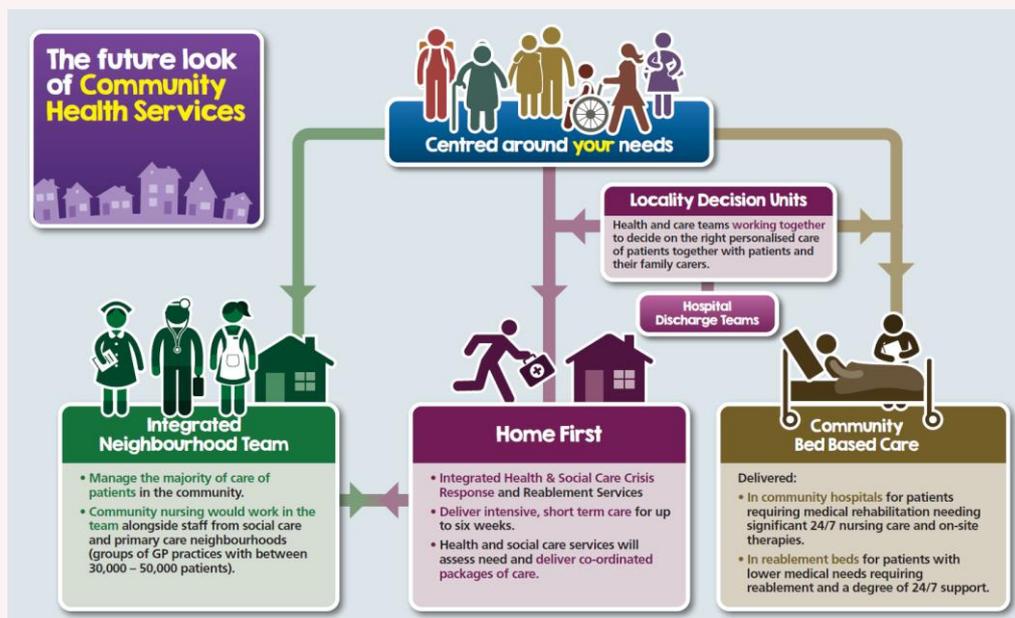
**Since 1 December the following changes have started to be put in place:**

- Reconfigured community nursing and therapy teams
- Clinical conversation and triage at point of referral
- Two-hour crisis response offer
- Seven-day therapy offer in the community
- Two hour and same day response times
- More intensive Rehabilitation and Reablement
- Enhanced Medical
- Standardised referral forms
- Inclusive approach to referrals

The service can be contacted **24 hours a day, seven days a week** with health and social care staff offering an integrated response. The service will deliver a home-based crisis response within two hours (where clinically required) and can start home reablement within two days. The length of time patients will be cared for by the service will vary from only one or two visits being required up to six weeks.

If a person is already receiving services these will usually continue and the Home First Service will work with them to provide the additional support needed.

For further information contact Deborah Cottam, Team Leader, Crisis Response Service, email: [Deborah.Cottam@leics.gov.uk](mailto:Deborah.Cottam@leics.gov.uk)





## Assistive technology dementia pilot

A pilot to test out some of the new digital technology designed to help people with dementia living at home is due to go live in February 2020. We have selected the technology that will be used - a home monitoring system.

This small-scale pilot has been designed to test usage with 50 participants over a period of six months. The system monitors activity and daily routine in the home and gathers the information to communicate this using the intranet. It does this by using:

**Sensors** – which can identify movement and activity, e.g. when the bathroom door was opened, or the fridge was used.

**Smart plugs** – which connect to appliances, such as a kettle or bedside light and can indicate when these are used.

The information gathered is then communicated via an App to family members/friends, showing a timeline of activity and raising alerts for issues of concern. A data dashboard is also created, which will provide useful information for each stakeholder to consider.

The pilot is a partnership between the County Council and five District and Borough Councils and is for people with dementia living in the following areas:

- Charnwood
- North West Leicestershire
- Hinckley and Bosworth
- Blaby
- Oadby and Wigston

Participants need to be living at home (not in a care home) and a family member, friend or carer must be willing to use the App on their smartphone or tablet.

For further details about the referral process please contact Katy Griffith, Project Manager, Health and Care Integration Team, email [Katy.Griffith@leics.gov.uk](mailto:Katy.Griffith@leics.gov.uk)

## My first 1001 days

Significant studies show that healthy development in the first 1001 days, from conception to the age of two, is linked to improved mental and physical health, reductions in risk and anti-social behaviour, and achievements at school and beyond.

As part of the work being undertaken on the Ensuring the Best Start in Life priority of the Leicestershire Children and Families Partnership plan, a leaflet – My first 1001 days - has been launched to help share key messages, practical tips and advice with parents and

parents to be and is available to download from Leicestershire County Council's [School Readiness webpage](#).

The leaflet will be shared with key midwifery and health contacts and through professionals, including the council's Children and Families Wellbeing Service, schools and early years providers.



## New year, healthier you campaign launched

Leicestershire County Council's January health campaign focuses on the support available for people across Leicestershire from the weight management service and the council's stop smoking service.

As part of the campaign the council will be posting messages throughout the month on Facebook (@LeicsCountyHall) and Twitter (@LeicsHealthWellbeing). Please show your support for the campaign by sharing their messages on your

own social media channels, to raise awareness of the services and the ways they can help people looking to reach a healthy weight or stop smoking.

Both services offer tailored support and advice to ensure that they are working with people and are helping in ways that are achievable for them. The services are non-judgemental, confidential and free.

If you know someone who needs support to stop smoking or to achieve a healthy weight, please refer them to the campaign's website [www.leicestershire.gov.uk/healthier-you](http://www.leicestershire.gov.uk/healthier-you) or ask them to call the Quit Ready team on 0345 646 6666 or weight management team on 0116 305 1510.

# Timebanking comes to Leicestershire



Time4Leicestershire, a new local skills exchange initiative across Leicestershire, where people help others in their community and are rewarded in return launches this month.

For every hour of time people give helping someone, they receive one hour of time credit, to use on somebody helping them. This can be anything from mowing a lawn or baking a cake, to helping someone with their CV.

Benefits for Timebankers can include feeling happier and healthier, meeting new people, building support networks and improving their self-esteem.

Timebanking is not volunteering as people do something that they want to do, when it suits them, and they then get something in return. Not all interactions have to be face-to-face, they can be electronic e.g. checking a CV for somebody. To see the range of skills you can swap or to sign up visit [www.time4leicestershire.org.uk](http://www.time4leicestershire.org.uk).

Everybody is credited with one hour when they sign up. If people sign up at an event they receive two hours of credit. The first event will be taking place on **15 January, 9am – 5pm at Hinckley Hub**, Rugby Road, Hinckley LE10 0FR. Look out for details of other Timebanking events across Leicestershire in the coming months via the county council's social media feeds.

## Start A Conversation this year

Although usually seen as a really happy time, we know that the new year can be a really difficult for some people.

Throughout January, Leicestershire County Council will be running a social media campaign signposting to the Start a Conversation website, to remind people that if they are struggling, or are worried about somebody who may be finding things difficult and would like help on how to spot the signs, then help is at hand.

Nobody should suffer alone, please help to spread the word or visit the website for more information <https://www.startaconversation.co.uk>



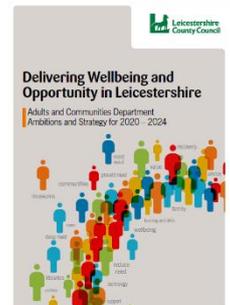
## Adults and Communities draft strategy

Leicestershire County Council is asking people for their views on a draft strategy promoting well-being and opportunity across Leicestershire.

The strategy has been developed by the county council's adults and communities department, which delivers library, heritage, adult learning and adult social care services. Its united aim is to bring together adult social care, community and wellbeing and adult learning services to provide and commission high-quality services which enrich the lives of individuals, families and communities.

For further information and to complete the questionnaire visit [www.leicestershire.gov.uk/delivering-wellbeing](http://www.leicestershire.gov.uk/delivering-wellbeing), or email [ASCengage@leics.gov.uk](mailto:ASCengage@leics.gov.uk) or call 0116 305 0232.

The deadline for completing the questionnaire is 22 March 2020.



## Leicestershire County Council Social Care Investment Prospectus

The Leicestershire County Council Social Care Investment Prospectus can be viewed online at <https://resources.leicestershire.gov.uk/building-accommodation>

Leicestershire's older residents have a range of needs, priorities and preferences, and want a range of accommodation options, so they can continue to enjoy life living in Leicestershire. To be able to deliver these options, the county council is looking to work with a range of organisations including landowners, developers, builders, architects, landlords and care providers.



 Follow us on Twitter @LeicsHWB

See our website: [www.healthandcareleicestershire.co.uk](http://www.healthandcareleicestershire.co.uk)

Download our [Better Care Fund plan on a page 2019-2020](#)

To find out more about Better Care Together – Leicester, Leicestershire and Rutland’s five-year health and care strategy visit [www.bettercareleicester.nhs.uk](http://www.bettercareleicester.nhs.uk)

For enquiries about this bulletin please email [BetterCareFund@leics.gov.uk](mailto:BetterCareFund@leics.gov.uk) or call **0116 305 5749**

## Working in partnership

