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Welcome from Dr. Andy Ker



In this edition we highlight joint working on delayed transfers of care. The SIMTEGR8 project Phase two is now complete, with reports available on our website for a further four integration patient pathways implemented through the Leicestershire Better Care Fund (BCF). We have news from our falls programme, with a 12 months proof of concept period underway for the new LLR Falls pathway, details of the new programme delivery groups for falls and our work with the East Midlands Academic Health Science Network (EMAHSN).

First Contact Plus, in partnership with Peterborough Environment City Trust (PECT), is offering Warm homes training for front line staff and their case study demonstrates just how valuable this support can be to a vulnerable person.

Another group offering vital support to people in their community are the Shepshed walking for health group. The group, which started at the beginning of this year, now have over 100 registered members actively improving their health and wellbeing.

Finally, the Leicestershire Health and Wellbeing Board are seeking to promote self-care within Leicestershire and are launching a campaign, overseen by the Unified Prevention Board, this Autumn.

Further information about our Integration Programme, including the Better Care Fund and the latest presentation highlighting our achievements over the past two years is available at:

Presentation: <https://prezi.com/view/4S3DihUuIx4Oo860Mrfu/>

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/

Delayed Transfers of Care (DTC)

Health and care partners across LLR are working hard to deliver improvements to transfers out of hospital and reducing delayed transfers of care (DTC). NHS England has set challenging targets for each local area to achieve by November 2017 with financial penalties for council areas where this target is not reached.

In Leicestershire we are focusing in particular on delays affecting patients in community hospitals, or our mental health and learning disability services. Leicestershire county council's adult social care team is working closely with Leicestershire Partnership Trust and other NHS partners to reduce delays and a full report on recent progress will be given at the Health and Wellbeing Board in November.

SIMTEGR8 evaluation update

The second phase of the SIMTEGR8 project is now complete and we have published our findings. The project was a collaboration between Leicestershire County Council, Healthwatch Leicestershire, Loughborough University and SIMUL8 and evaluated a further four integrated patient pathways implemented through the Leicestershire Better Care Fund (BCF).

These were:

- The Ambulatory pathway at the Clinical Decisions Unit (CDU) Glenfield hospital admissions avoidance scheme for cardio/respiratory patients.
- The Lightbulb Programme (a Leicestershire housing support service hosted by Blaby District Council).
- Help to Live at Home
- The Intensive Community Support (ICS beds) scheme.

The evaluation was undertaken using facilitated simulation modelling to support the development of integrated community services and improving the user experience. Phase 1 focused on 4 emergency admission avoidance services, phase 2 looked at a broader range of services including domiciliary care, housing and home based community nursing.

The purpose of the evaluations was to:

- **Support** development of integrated care services in the community,
- **Help Improve** the patient journey through new integrated interventions;
- **Identify** how performance can be improved.

For more details on phase two and the evaluation reports visit <http://www.healthandcareleicestershire.co.uk/health-and-care-integration/monitoring-and-evaluation/>

Falls programme update

West Leicestershire CCG and East Leicestershire & Rutland CCG have both approved the Falls Programme as a 12 month proof of concept, beginning in September 2017. The City CCG has agreed to trial areas they feel will add to the facilities already available to their residents until the end of March 2018.

The Leicester, Leicestershire and Rutland (LLR) Falls Steering Group has now been disbanded as its remit has been successfully completed and governance of the programme delivery will now be as follows:

- Overall governance via the STP Integrated Teams Programme Board
- Financial and performance via the newly formed LLR Falls Commissioning Group
- Operational Delivery (including change management of new processes and identifying gaps in provision) through the newly formed LLR Falls Delivery Group

LLR was chosen as the demonstrator site for an important East Midlands Academic Health Science Network (EMAHSN) project, with strong links to the local programme. This is an NHSE funded project, developing tools to help people at risk of falling look after themselves and have access to monitoring devices and equipment that will help them to maintain independence when at high risk.

- Governance will be through the groups outlined above, in addition to regular reporting to EMAHSN
- Volunteer patients will be sought both for participation in the general project and separately for in-depth research
- Data will be collated to understand the impact of this work and also the effect of falls/risk of falling on the population, this will be used to inform risk stratification tools and the frailty index

If successful, this will become a national programme of work.

For more information contact Andrea.Baker@leics.gov.uk or call 0116 305 6841 or 07460 366 398.

Partners have now produced a new leaflet which offers advice and simple exercises to help people reduce their risk of a fall. This is available to download from our website at: <http://www.healthandcareleicestershire.co.uk/download/unnamed-file.pdf/Preventing-Falls-leaflet.pdf>

Partners will be distributing copies of the leaflet across the county in the coming weeks for members of the public to pick up. A toolkit including posters and a digital display will be available for download shortly.

<http://www.healthandcareleicestershire.co.uk/health-and-care-integration/integrated-locality-teams/falls-prevention/>



Warm homes training

Warm Homes Leicestershire is a community based fuel poverty project that aims to help vulnerable households stay warm and healthy during the colder months. We offer free, impartial advice on energy tariffs, grant funding and available support services.

Front line staff are encouraged to take up tailored energy awareness training to help identify residents they come into contact with that may need support to heat their home affordably. The Warm Homes service run by Leicestershire County Council's First Contact Plus team can visit vulnerable residents at home, to provide advice and support in heating their homes sufficiently to help avoid winter related ill health.

Training is free of charge and covers tariff switching, grant funding and debt management. Staff can benefit from:

- 4 hour half day training
- 2 hour basic training
- 30 minute awareness raising
- 10 minute team talk

All staff will receive training CPD certificates upon completion. If you would like further information please contact April Sotomayor, april.sotomayor@pect.org.uk, or call 01733 866 436 or 07885 912 402.

The project is managed by Leicestershire County Council Public Health in partnership with Peterborough Environment City Trust (PECT), an independent environmental charity.

Warm homes case study

Mr N, 61 was referred to the Warm Homes service after contacting Age UK for advice after receiving a letter from his energy provider stating his monthly payment would more than double. Mr N was concerned as he had previously experienced problems with his supplier reading the electric meter incorrectly and had been repaying arrears as a result.

The Warm Homes Officer (WHO) visited Mr N at home to help tackle the causes of his high fuel bills. He was shown how to reset his heating and hot water controls and was provided with some easy-to-follow instructions. The WHO also helped Mr N update his energy supplier and ensure he was on the most affordable tariff.

Mr N said: "My bills were spiralling and I wasn't sure what was causing this. I realised I was paying far more than my neighbours for energy and I needed help solving the problem."

"Now that I have switched tariff my energy bills have reduced by over £24 a month and my prices are fixed for several years. The service gave me a voice that I didn't have and pointed me in the right direction, plus it was useful having someone knowledgeable to clarify the jargon. I would definitely encourage others to take advantage of the Warm Homes service."

For more information on Warm Homes Leicestershire visit <http://www.firstcontactplus.org.uk/our-services/your-home/>



Shepshed walking for health group

In early 2016, the Sport and Active Recreation Team from Charnwood Borough Council gave a presentation on the Walking for Health Scheme (a national initiative from The Ramblers Association and Macmillan Cancer Support) to the Forest House Surgery Patient Participation Group (PPG) and asked if they wanted to get involved. After some discussion, three members of the PPG decided to start a group. Training was provided by Charnwood Borough Council and walks in Shepshed began on 23 January 2017.

Mal Gargett, Chair of Forest House Surgery PPG and a Walking for Health Leader explains how the group has developed:

“On our first walk 43 walkers turned up! Encouraged by this, we planned more walks and pressed on. On our third walk 52 people joined us - to say we were delighted was an understatement. We continue to be amazed at the support and now have over 100 members on our register and two additional leaders.

Walks take place every Monday (except Bank Holidays) and usually take about an hour. As leaders, we never forget the main purpose of the Walking for Health Scheme, which is to support people to get and stay active and we are always prepared to provide a short walk each week along with the longer walk. The short walks are then tailored to the ability and fitness of the walkers involved. This is the key to individuals gaining the confidence to become active again.

The walks end with the option to stop for a tea or coffee and a chat, as we consider this as important as the walk itself in encouraging people to socialise and feel part of the local community. The ethos of Shepshed Walking for Health is to try and appeal to a wide range of people including those who:

- would like to get active
- see it as a way of ensuring regular exercise
- feel socially isolated and would benefit from the company of others

Forest House Surgery fully supports the Walking for Health group and the partners are regularly updated on how the group is progressing and readily mention it to any of their patients who they feel would benefit from joining us.

As members of the Surgery’s Patient Participation Group we feel that we are ‘making a difference’ by helping to ensure there is a purpose, gentle exercise and a welcoming environment for anyone who needs it.”

The group has also been nominated by Charnwood Borough Council’s Community Sport & Physical Activity Development Officer for the ‘Best Community Sport/Physical Activity Project’.

For more information contact Mal Gargett, Chair of Forest House Surgery PPG and a Walking for Health Leader at malgargett@gmail.com

Self-care campaign launch

The Leicestershire Health and Wellbeing Board are seeking to promote self-care within Leicestershire and are launching a campaign, overseen by the Unified Prevention Board, this Autumn. It will begin with a focus on lifestyle improvement including getting active, healthier eating and reducing the risk of diabetes. In Leicestershire more than 37,000 adults and 6.7% of the total population are living with diabetes and 64% of adults in the county are either overweight or obese. The campaign will also support national ‘Self Care’ week running from 13 – 19 November.

Contact us

 Follow us on Twitter **@LeicsHWB**

See our website: www.healthandcareleicestershire.co.uk

Download our Better Care Fund plan on a page: <http://www.healthandcareleicestershire.co.uk/download/BCF-strategy-and-progress.pdf>



Better care **together**

To find out more about Better Care Together – Leicester, Leicestershire and Rutland’s five year health and care strategy visit www.bettercareleicester.nhs.uk

For enquiries about this bulletin please email BetterCareFund@leics.gov.uk or call 0116 305 5749