



Welcome from Dr Geoff Hanlon

This edition of the stakeholder bulletin features details on the launch of the East Midlands Academic Health Science Network Falls Demonstrator Pathway being rolled out across Leicestershire through EMAS, LPT and GP practices this autumn.

I'd like to offer our congratulations to Cheryl Davenport, who has been appointed honorary professor of health and care integration at Leicester's De Montfort University, in recognition for her contributions and achievements in her jointly appointed role with NHS partners.

There's information on the new Inspired to Care project which aims to support adult social care providers in Leicestershire and Rutland, as well as the five ways to wellbeing mental health self-care campaign.

We have a reminder to book your place for the #StartAConversation conference taking place on 10 September and updates from Carillon Wellbeing Radio as well as the Children and Families Partnership on their work around Adverse Childhood Experiences (ACEs).

The Better Care Fund (BCF) plan on page, outlining the priorities of the county's Health and Wellbeing Board and Integration Executive, has been updated and can be viewed [here](#).

The Leicestershire BCF plan has a total pooled budget of £60 million provided by the council and NHS bodies. This is spent on developing and implementing plans for integrated health and care services, and to improve the quality and accessibility of services for people in local communities.

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/



East Midlands Academic Health Science Network Falls Demonstrator Pathway

The East Midlands Academic Health Science Network (EMAHSN) Falls Demonstrator Pathway for Leicestershire is preparing for launch!

Final preparations are underway for the launch of the falls demonstrator pathway in Leicestershire.

- EFRAT (electronic falls risk assessment tool) has been developed for use by EMAS and will be the first tool to go live from the end of August.

EFRAT will be used by ambulance staff when attending people who have had a non-injurious fall that doesn't require conveyance to hospital. The EFRAT determines the level of falls risk and makes immediate referrals to services in the falls pathway and preventative services in Local Councils.

- QTUG (qualitative timed up and go) is a clinical device for falls risk assessment that will be used by LPT's Falls Therapy team. The device has been configured to link into the Leicestershire falls pathway. QTUG is expected to be ready to launch in September.
- MFRAT (multi factorial risk assessment tool) for use in GP practices will be the next to launch during the autumn.
- Patient Self-Assessment is an easy to use on-line tool that will provide advice and signposting to people about the best ways to reduce the risks of falls. The self -assessment is also expected to go live during the autumn and will complete the roll-out of the demonstrator.

The demonstrator pathway is funded by EMAHSN and will be delivered over the next 12 months. For more information, please contact Katy Griffith, Project Manager, Health and Care Integration, email katy.griffith@leics.gov.uk or call 0116 305 6913



*Staying stable,
Being able*



Inspired to Care

The Inspired to Care project has been set up to support adult social care providers in Leicestershire and Rutland to recruit and retain a sustainable workforce made up of committed care professionals who have the right values for a career in care.

Members receive many benefits, including:

- Free advertisement on our 'find a local care employer' map
- Access to our online recruitment and retention toolkit and resources
- Training sessions and business surgeries
- 1:1 tailored-support (delivered on a request basis)
- Access to the Skills for Care | Care Ambassador partnership
- Wider Wallet employee benefit package and (this offer runs until November 2020)

If you are an adult social care provider delivering adult care services in Leicestershire county and Rutland, registration is free and there is no charge for any of the services or resources on offer.

*Inspired
to care*

To find out more about the project, please visit www.inspiredtocare.co.uk or contact the Inspired to Care Team on inspiredtocare@leics.gov.uk

Your journey to a career in social care

Congratulations to Cheryl Davenport

Cheryl Davenport, Leicestershire County Council's Director of Health and Care Integration has been appointed honorary professor of health and care integration at Leicester's De Montfort University. This is in recognition for her contributions and achievements in her jointly appointed role with NHS partners.

Over the last five years Cheryl has brought partners together across the public sector to improve health care for residents and led the delivery of Leicestershire's £60m Better Care Fund, a pooled budget between the council and the NHS, which is transforming health and care.

She has led ground-breaking work on the integration of health and care data, developed new, integrated services that have improved hospital discharge, prevented falls, created neighbourhood teams, and revolutionised Leicestershire's housing support service.

Cheryl's career in health and care spans 29 years. She has worked in the hospital sector in the NHS, in healthcare consultancy at PricewaterhouseCoopers, as an executive director in the USA, and since 2005 has held director roles in Leicestershire's health and care system.

Cheryl said: "I'm really proud, surprised and honoured to have my work recognised in this way."

"Although this honorary professorship marks a personal achievement, it is testament to the commitment and support of the many colleagues and stakeholders who have collaborated with me in this role across so many organisations."

Cheryl will now lead seminars at the university in front of students, who will benefit from 'real life examples of how to apply policy into practice.'

She said: "It is so important that students preparing for careers in health and care understand the policy context, what effective

health and care integration looks like on the ground, and how traditional roles and boundaries between professions and organisations are changing. I can give them insights into how we measure the impact this is having on individuals and communities."



Professor Bertha Ochieng, professor of integrated health and social care at DMU, said: "We are delighted that Cheryl will become an honorary professor at DMU."

"Adult social care is one of the biggest challenges facing the NHS and her work in this field has been exceptional, championing how well care and support services achieve the outcomes that matter most to people. I am sure our students and university colleagues will learn much from her."

Mental Health self-care campaign

The Health and Wellbeing Board development session held back in November 2018 identified several areas of development around mental health.

One of those actions was to develop a mental health self-care campaign, which has been co-produced and shared with partners across Leicester, Leicestershire and Rutland.

The campaign centres around the five ways to wellbeing and aims to improve understanding of how we can all look after our own mental health and wellbeing and how we can recognise signs and symptoms in others and show support.

Evidence suggests there are five steps we can all take to improve our mental health, enabling people to feel happier, more positive and to get the most from life.

- **Connect** - encouraging people to connect with others, which can help to feel valued and confident;
- **Be Active** - supporting regular exercise, which is associated with lower rates of depression and anxiety;
- **Take notice** - reminding people to 'take notice' of what is taking place in the present to enhance well-being;
- **Keep learning** - encouraging people to engage in work or educational activity to learn to help with social interaction and self-esteem; and
- **Give** - participating in social and community life, which gives people a higher chance of rating themselves as happy.

The campaign started on 19 August and is running for eight weeks across social media channels. For more information visit <http://www.healthandcareleicestershire.co.uk/resources/5-ways-to-wellbeing>, follow us on @leicsHWB or contact lorna.dellow@leics.gov.uk



Start A Conversation conference – last chance to book a space

The suicide prevention campaign, StartAConversation is marking its first anniversary with a conference on World Suicide Prevention Day, 10 September.

Partners are invited to attend the #StartAConversation conference taking place at the King power Stadium between 9.30am and 2pm.

The campaign aims to build a community that is committed to the mental health and wellbeing of its residents. Through raised awareness and open and honest conversations about suicide, we believe that every person has the potential to make a difference and save a life.

To book a place, please email Connor.Melia@leics.gov.uk or call 0116 305 0198 by **6 September**.



Make Carillon Wellbeing Radio 'music to your ears'



It's now been five months since the official launch of **Carillon Wellbeing Radio**.

Licensed to broadcast on 1476AM and online at www.carillonradio.com the station provides a community radio station for Health and Social Care in Leicestershire.

The station offers upbeat music mixed with quick tips to keep people well and happy. Early feedback had been positive with hundreds of listeners from across the county getting in touch to share just how valuable they are finding the new channel.

The volunteer-led initiative offers bespoke advertising opportunities for campaigns and message with a focus around wellbeing. Previous bookings have included stop smoking service QuitReady and Go Learn.

The station is looking for your support to get into GP Surgeries and health settings and would welcome your ideas about how to make this happen.

For more information on bespoke advertising packages see www.carillonradio.com or contact the station on 01509 276575, email admin@carillonradio.com

Action to address Adverse Childhood Experiences (ACEs)

A key area of action for priority 5 of the Children & Families Partnership Plan is to develop an evidenced-based, trauma-informed approach to addressing Adverse Childhood Experiences (ACEs).

ACEs refer to some of the most intensive and frequently occurring sources of stress that children may suffer early in life. The most researched adverse childhood experiences include verbal, physical and sexual abuse, physical and psychological neglect, parental death, divorce, substance misuse, mental health, attempted suicide and incarceration. Research has found that the greater number of ACEs experienced in childhood, the greater the risk of experiencing a range of health conditions in adulthood.

A "First Steps to a Trauma Informed Approach to address Adverse Childhood Experiences" partnership event was held on the 21 May 2019 and this will be followed by a strategic leaders' workshop to be held on 19 September. The workshop will be facilitated by Dr Warren Larkin (Consultant Clinical Psychologist) and will allow us to start to shape our partnership approach for addressing ACEs across Leicestershire.

For more information please contact Mala Razak, Children and Families Partnership Manager, email mala.razak@leics.gov.uk or call 0116 305 8055 or 07904 547924



Better care together

Leicester, Leicestershire and Rutland health & social care



Follow us on Twitter @LeicsHWB

See our website: www.healthandcareleicestershire.co.uk

Download our **Better Care Fund plan on a page for 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

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

Working in partnership

