

Partnership Update

Northamptonshire
Health and Care Partnership

JULY 2021

Welcome to the July 2021 edition of Partnership Update, Northamptonshire Health and Care Partnership's monthly newsletter for health and social care colleagues and the wider community.

In this edition we look back on NHCP's Virtual Wellbeing Festival, which entertained and inspired colleagues from across our health and social care system.

The week-long programme of wellbeing activities, educational sessions and live keynote speakers formed part of a huge thank-you to all staff for their incredible commitment and hard work over the past 18 months, while also facilitating opportunities for self-care and reflection. You can find out more about the event and how to catch up on anything you've missed on page 3.

Elsewhere in this edition we bring you updates on:

- How iCAN-led movement classes are helping people with frailty
- How children and young people are being supported to lead healthier lifestyles
- Details of the latest in our regular Leadership Matters Conversations series
- Northamptonshire's new county-wide social prescribing service opening for referrals
- The official launch of the Northamptonshire Children's Trust
- How a new service from mental health charity Mind is Building Better Opportunities for people across our county

We hope you enjoy this latest edition of Partnership Update.

Northamptonshire Health and Care Partnership Board

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Pitsford Water by Pradeep Rajguru – taken as part of the NHCP Virtual Wellbeing Festival 2021 photography challenge.

NHCP Chair discusses our future as an Integrated Care System in new series of video blogs

Naomi Eisenstadt, Northamptonshire Health and Care Partnership's Independent Chair, has begun a new series of video blogs explaining our journey towards becoming a fully-fledged Integrated Care System (ICS).

Every area in England is working towards becoming a statutory ICS by April 2022. Here in Northamptonshire this will strengthen our existing local commitment as a partnership of health and care organisations to supporting our population to live healthy lives and get the care and support they need, when they need it.

In this first video blog, available to view now on the NHCP website, Naomi takes a look at what the ICS journey will mean for Northamptonshire, addressing a range of issues including:

- An introduction to the Integrated Care System
- How our ICS will build on the successful partnership work that's already happening in Northamptonshire
- Latest progress with government legislation on Integrated Care Systems and what this means
- What the changes will mean for health and care staff and for the people of Northamptonshire
- What we are doing now to get ready for the move to ICS

As well as reflecting on the purpose of the ICS – to improve health for all, reduce inequalities in health outcomes, make the best use of public money, and contribute to the economic and social development of the area – Naomi shares her hopes that the ICS will lead to a more joined up experience of health and care for Northamptonshire people, and gives examples of some of the work that's already in progress to achieve this aim.

To watch Naomi's first 'View from the Chair' video blog, visit northamptonshirehcp.co.uk/naomis-vlog.

iCAN classes help people with frailty to Get Up and Go in Northamptonshire

In June, Integrated Care Across Northamptonshire (iCAN) hosted the first class of its new Get Up and Go programme, helping to improve people's strength, balance and confidence – and reduce the risk of falls.

Get Up and Go is part of a countywide falls prevention programme, which aims to support people with mild to moderate frailty to improve their mobility and reduce their fear of falling. Classes form part of a collaborative effort between iCAN and Northamptonshire Sport, and are delivered by a specialist instructor from the Supporting Independence programme.

The first Get Up and Go class took place at Corby's Hazelwood Community Centre on Thursday 24 June. The series of classes is initially set to run for 12 weeks and attendance is free of charge for participants. Each weekly session comprises 45 minutes of light exercise, a 30-minute talk, plus an eating and drinking session that enables people to receive peer support as they share experiences. A supporting agency also provides an educational presentation.

Each Get Up and Go class accepts a limited number of referrals from external agencies, subject to eligibility criteria. An online form is available on the [Northamptonshire Sport website](#), and each referral is assessed by a member of the Get Up and Go team. They will then contact the prospective participant to discuss their recommendation, either confirming their place within the classes or discussing appropriate alternatives.

Anyone who would like to find out more about Get Up and Go can go along to an upcoming session taking place on Thursday 15 July and Thursday 22 July at 10.30am at Hazelwood Community Centre, Gainsborough Road, Gainsborough Road, Corby, NN18 0QF.

The sessions will include a 15-minute talk introducing the aims of the class and the referral criteria, followed by 45 minutes of light exercise, a 30-minute presentation from a supporting agency and a catch-up with a hot drink. Attendees are welcome to stay for as long as they wish.

To attend one of the upcoming sessions, please contact Helen Redwood by emailing Helen.Redwood@northnorthants.gov.uk.

For more information about Get Up and Go, please contact Fraser Lodge at Northamptonshire Sport by emailing Fraser.Lodge@northamptonshiresport.org.

All Get Up and Go sessions adhere to current COVID guidelines.



The first Get Up and Go session at Corby's Hazelwood Community Centre

Building Better Opportunities across our county

Collaborative work between Northamptonshire Healthcare NHS Foundation Trust (NHFT) and the mental health charity, Mind, is ensuring individuals across our county receive enhanced mental health support.

Drop-in cafés and round-the clock telephone support through the Mental Health Number are available for anyone facing a crisis. Trained mental health navigators steer individuals towards the necessary support – whether this is from the NHS or the voluntary and community sector.

Additional support, such as the mental health charity's project, Building Better Opportunities (BBO) Support into Employment, delivers a holistic approach to treatment, improving mental health skills that enhance employability. The initiative is funded by the European Union and the National Lottery.

The work enables lives to move forward, focusing on education, employment or training. Dedicated one-to-one support is provided by a BBO working mentor, while the project's online Employability Course covers the essentials for being a strong candidate. The programme addresses CVs and cover letters, as well as setting goals, writing applications, interview techniques and job searches.

Anyone can reach mental health support at any time by calling 0800 448 0828. For details of mental health support in Northamptonshire, including the locations and opening times of the crisis cafés, visit: www.nhft.nhs.uk/help.



Focus on: Virtual Wellbeing Festival 2021

All the fun of the festival!

This year's NHCP Virtual Wellbeing Festival (Monday 28 June to Friday 2 July) proved a resounding success, uniting health and social care colleagues across the county for a packed programme of inspiration, fun and learning.

The festival was a free, online event for all those working across the Northamptonshire health and care system, offering colleagues an indispensable opportunity to spend time focusing on themselves and their own wellbeing. Throughout the week, attendees were treated to a varied schedule of pre-recorded activities, live sessions and illustrious keynote speakers.

Whether it was Disco Diva dancing on Monday, yoga on Tuesday or gardening on Friday, each day offered something new and fun for colleagues to experience – all while connecting with colleagues countywide.

The programme also included live sessions offering perspectives on emotive topics, such as reducing the stigma of mental health difficulties, learning the benefits of trauma informed care approaches and raising workplace awareness of the menopause.

Each day featured a live headline appearance from a keynote speaker – this year, NHCP was delighted to welcome Ruby Wax, Amazin LeThi, Andy Cope, Dan Cross and Efreem Brynin, plus Gareth Thomas. The guest speakers provided a series of unmissable moments, inspiring, entertaining – and at times – reducing colleagues to tears.

The combination of such diverse and interesting wellbeing content certainly resonated with Northamptonshire's health and social care staff, with more than 1,000 people tuning in to live events or catching up with recorded sessions on demand.

Despite the incredible turnout across each day of the festival, it's inevitable that busy colleagues will have missed some of the sessions they were hoping to attend. To ensure nobody misses out on any of the content from Virtual Wellbeing Festival 2021, all sessions were recorded, and footage will remain on the website indefinitely. That means every second of the festival is accessible at www.wellbeingfestival.live – simply find the relevant event on the programme and the session is immediately viewable on that page. The majority of sessions are also available on the [NHCP YouTube channel](#).

In addition, it's possible to rewatch the headline keynote speakers, though these recordings have been password-protected to keep the content exclusive for health and social care colleagues. Please check your organisation's internal communications channels for the access password.

Last year's first Virtual Wellbeing Festival set a new precedent for viewership that extended far beyond the actual week of the event, with colleagues making the most of its wellbeing resources throughout the year. After another successful, informative edition, it is certain that the impact of VWBF21 will also be felt for many months to come.



The week-long schedule of wellbeing activities and sessions may be behind us, but there are still plenty of ways to get involved with Virtual Wellbeing Festival 2021.

This year, NHCP organised a series of wellbeing challenges to enable colleagues to channel their energy into something for themselves.

Head to the Challenges page at www.wellbeingfestival.live and get your steps in, listen to some feel-good tunes or venture outdoors to take some photographs. Take a look at some stunning entries to the VWBF21 photography challenge above.

VIRTUAL WELLBEING FESTIVAL

- 6 keynote speakers
- 1 surprise guest
- 19 LIVE sessions
- 13 pre-recorded sessions
- 5 personal stories

Live session attendance
1,200+

On-demand video views
c1,500

Festival week website hits
c12,000

Total website hits
18,000+

Social media impressions
c50,000

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Countywide social prescribing service set to 'Spring' into action this month

Spring, Northamptonshire's new county-wide social prescribing service, is now open to referrals as of the beginning of July 2021.

Spring is a community-driven support network designed to help people in Northamptonshire to manage their health and wellbeing. The programme is supported by the NHS and Public Health Northamptonshire, as well as central government through the Life Chances Fund.

Preparations for launch of Spring resumed earlier this year after a pause due to the COVID-19 pandemic. The service is being co-ordinated locally by four delivery partners, who each have responsibility for planning, organising and delivering the programme across the county. These delivery partners are:

- Age UK Northamptonshire – Daventry and South Northamptonshire; Kettering and Corby
- General Practice Alliance – Northampton
- Northamptonshire Carers – Wellingborough
- Mayday Trust – East Northamptonshire

The Spring delivery partners have all been working hard over recent months to get the service ready. The delivery team has now been recruited and is currently getting all the last details ready for the first day of delivery.

Social prescribing is a way of helping people to manage their own mental and physical health by referring them to local community-run services like leisure activities, social groups and healthy lifestyle advice.

The social prescribing model is already beginning to develop in Northamptonshire with social prescribing link workers employed at our county's GP practices to connect people with local services to meet their individual needs.

Spring will complement the current model by taking referrals from any source (including self-referrals, referrals from social services, hospital discharge units, voluntary, community and social enterprise sector organisations and many more), as well as providing additional support to the social prescribing link workers already in place at the GP practices. Spring will also work with local voluntary and community organisations to provide communities of support based on the interest of those using the service.

While social prescribing has been widely adopted across the UK, this integrated county-wide social prescribing model is unique to Northamptonshire and it will support people in Northamptonshire to choose well, stay well and live well.



Terence Mauri

Embrace the unknown in July's Leadership Matters Conversation

Terence Mauri, founder of management thinktank Hack Future Lab, joins NHCP for the latest instalment of our Leadership Matters Conversations series.

Taking place on Tuesday 20 July from 10.30am to 11.30am, Terence's session – 'Turn Uncertainty into Action' – is free to attend and continues a trend of engaging and inspiring webinars.

Ranked by Thinkers50 as one of the top 30 management thinkers in the world, Terence is an expert in future trends and disruption. His rationale challenges leaders to innovate, adapt and thrive in an age where change is constant. It's experience that stems from disruption-leading roles within global transformation projects as a former director at creative agency Saatchi & Saatchi and global management consultant McKinsey.

Throughout the session, Terence will encourage participants to embrace the unknown and own the future – despite the world's increasingly turbulent, infinite and challenging state. "It doesn't help that we are hard-wired to dislike uncertainty," he says. "I look forward to guiding you on a practical journey to turn uncertainty into action, choose courage over comfort, and ultimately, be ready for tomorrow's world."

To book on to this free Leadership Matters Conversations session, click [here](#). Recordings of previous sessions are available to watch back at northamptonshirehcp.co.uk/leadership-matters-conversations.



Focus on: Children and Young People

Supporting children and young people to enjoy healthy lifestyles

NHCP's Children and Young People Transformation Programme is excited about our summer of sport, with championships such as the Euro 2020 and Wimbledon reaching their crescendos, and the Olympics commencing later this month in Tokyo.

Sport and physical activity can make a substantial contribution to improving wellbeing and is a strong means for the prevention of diseases.

Evidence shows that children and young people who are more active have increased confidence, higher self-esteem, less anxiety and stress and better social skills – attributes that can help them deal with the challenges they face in daily life. Positive attitudes towards physical activity have also been associated with children being happier. The UK Chief Medical Officers recommend that children do at least 60 minutes of moderate to vigorous physical activity every day.

Kerrie Pearson, Children's Weight Management Specialist at Northamptonshire Healthcare NHS Foundation Trust (NHFT), said: "Our ambition is for all families to enjoy eating a healthy diet and being active. We see that this teaches children how to make healthy choices and help take responsibility for their own health and wellbeing from an early age."

Healthy Lifestyle is one of the four pillars for change delivery that the Children and Young People Transformation Programme has agreed, alongside Complex Needs; Health Minds, Healthy Brains; and Accessibility. Collectively these pillars will provide the infrastructure for a population health strategy and delivery plan, to ensure high-quality care for children, young people and their families in the communities where they live. Pillars are the vehicle through which Northamptonshire will deliver against its commitments in the NHS Long Term Plan and the architecture through which services will be planned, developed, implemented and monitored in a co-ordinated and collaborative way to deliver the best possible outcomes for our children and young people.

Our ambition for the Healthy Lifestyle pillar is to work together to help families confidently choose to adopt healthy lifestyles. Children in our county have told us that they want to have easy access to exercise and other activity and healthy food. Some children have highlighted how important it is for their families to also participate in healthy lifestyles. As we progress the programme, in union with Northamptonshire's Integrated Care System journey, we will determine local strategy to meet the needs expressed by our children and young people across Northamptonshire.

Northampton Town FC Community Trust are one of our local third sector partners working closely with stakeholders to provide a range of healthy lifestyle events for children and young people this summer. Damon Fox, their schools and business development officer, said: "We believe there are a range of benefits to children accessing sports that are not only physical but also increasing wellbeing, confidence, self-esteem and resilience outcomes."



Young people lead official launch of Northamptonshire Children's Trust

Northamptonshire's new Children's Trust has received its official launch in an online event led by two of our county's young people.

Adam and Keyliegh were guests of honour at the launch event at the end of May, introducing a short film they had made which set out their hopes and aspirations for the new trust and local services for children and young people.

Keyliegh said: "The trust is a new start to create a better, brighter future for everyone that works with the trust, and for all the children and young people in Northamptonshire."

Youngsters from the Children in Care Council helped to design the logo of the Children's Trust, and were engaged with to understand what it should feel like to work with the trust, what is important to children and young people and how the trust can work successfully with them.

Northamptonshire Children's Trust is an independent, not-for-profit company established in November 2020 to deliver the best possible opportunities for the children in Northamptonshire.

The trust's responsibility is to deliver children's social care and targeted early help services on behalf of North Northamptonshire Council and West Northamptonshire Council.

The trust has a strong ambition to improve the lives of children and their families, with a focus on ensuring a positive impact on those children most in need of protection and care. The voice and experience of the child have been an integral element throughout the creation, set up and delivery of the trust.

Working with key partners within local communities, the trust aspires to deliver outstanding social care services for children and young people in the county, ensuring families receive early help to prevent difficulties escalating, and creating the conditions for social work to flourish.

The new Northamptonshire Children's Trust website can be found at www.nctrust.co.uk, while the online launch event can be viewed on YouTube at youtu.be/Fr6Q6lNBSNw.

Northamptonshire Health and Care Partnership (NHCP) brings together leaders from across our county's health and care system, each with a wealth of experience in a range of backgrounds and disciplines. To support our Integrated Care System (ICS) status the NHCP Board approved in July 2020 a new system leadership and structure. Key leads and chairs for this new structure are detailed below, with their substantive organisations shown in brackets.

Partnership Board

Independent Chair	Naomi Eisenstadt
Executive Lead	Toby Sanders (NHCP)
Director Lead	Alison Gilbert (NHCP)
Clinical Lead	Dr Miten Ruparelia

Through joined-up effort and shared resources we create a positive lifetime for all of health, wellbeing and care in our communities

Sub-committee chairs

Transformation Delivery Board	Matthew Metcalfe (NGH)
People Board	Chris Oakes (NHFT) Mark Smith (KGH & NGH)
Health and Care Executive Steering Group	Toby Sanders (CCG)
Integrated Quality Improvement and Performance Committee	Bev Messinger (CCG)
System Finance Committee	Rachel Hardy (NHCP)

Priority workstream leads

Integrated Care Across Northamptonshire (iCAN)	Joanna Fawcus (KGH)
Elective care	Polly Grimmatt (KGH)
Mental health	Anne Rackham (NHFT)
Children and young people	Exec lead: Angela Hillery (NHFT) SRO: Cathi Hadley (NCC)

Partnership enabler leads

Estates	Polly Grimmatt (KGH)
Digital transformation	Andy Callow (KGH / NGH)
Communications	Dionne Mayhew (NHFT / CCG)
Population health	Lucy Wightman (PHN, CCG)

CCG: NHS Northamptonshire Clinical Commissioning Group | KGH: Kettering General Hospital NHS Foundation Trust | NGH: Northampton General Hospital NHS Trust | NHFT: Northamptonshire Healthcare NHS Foundation Trust | PHN: Public Health Northamptonshire



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