

Broxbourne

Hertfordshire

NHS
East and North Hertfordshire
Clinical Commissioning Group



Helping families with healthy lifestyles –

Childhood obesity in the Borough of Broxbourne is higher than the regional average so GPs in Lower Lea Valley are working with the Allsorts Children's Centre in Cheshunt to refer families into a programme to help them manage their weight and make healthier choices.



HomeFirst -

The HomeFirst project in Lower Lea Valley has continued very successfully and has been extended to include four mental health nurses, one specialist palliative care nurse from Isabel Hospice and one pharmacist to be part of the multi-disciplinary team. In 2014/15, the team supported more than 675 patients on the 'virtual ward', responding to more than 300 rapid response calls. In addition to a rapid response and virtual ward function, the team provides support to patients who have just come home from hospital. 97% of GPs and 96% of patients in a recent survey would recommend the HomeFirst service to family and friends.

The Supporting Carers project

is enabling primary care services in Lower Lea Valley to deliver their commitment to carers and increase the number of unpaid family carers who know where to turn when they reach a 'tipping point'. Crossroads Care is working with the CCG to support carers in a preventative manner before they reach 'crisis' by providing regular breaks and access to other relevant support from the voluntary sector. Each practice has a carers' lead and many now have a Patient Participation Group Carer Champion working together to support carers in their surgery and at the newly formed Carers Café in Cheshunt.

Broxbourne Health and Wellbeing Partnership Priorities:

- Promote better understanding of health and healthy lifestyles
- Enable residents to maintain a healthy weight through a healthy diet and physical activity
- Reduce the harm caused by tobacco
- Reduce the harm caused by alcohol
- Encourage residents to take up medical checks
- Campaign for improved primary care
- Improve transport to health services
- Secure greater public engagement with NHS governance and stronger understanding of NHS services
- Maintain a clean, healthy, safe environment



Some Key Partnership Initiatives:

Pastoral Care Network

- Local network of schools staff, Youth Connexions, CAMHS and Broxbourne Borough Council, to improve support for children and young people's mental health.
- Working to increase use of substance misuse treatment services by local young people.

Support for carers

- Carers' cafes run by Crossroads Care in Cheshunt and Hoddesdon, supported by Borough Council.
- Carers' event at Cedars Park attracted 60 carers to enjoy a guided walk and a massage.

Dementia awareness

- Borough Council staff trained as Dementia Friends, now training staff and councillors.
- Frontline Council staff received safeguarding training; six people showing signs of confusion referred for support so far.
- Now working towards becoming a dementia friendly community.

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five ways
to wellbeing

Hertfordshire
Year of Mental Health

Health and Wellbeing
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