

East Herts

Hertfordshire

Stort Valley & Villages & Upper Lea Valley

NHS
East and North Hertfordshire
Clinical Commissioning Group

During 2014/15, the six practices in the Stort Valley and Villages locality led a number of projects to improve the health and wellbeing of their patients including:

- **Supporting patients to care for themselves** – this includes having up-to-date information and strong working relationships with pharmacies. Patient Participation Groups in the locality have taken up the challenge of educating the public about the overuse of antibiotics and have held events in local markets to spread the message.
- **Health checks** – the NHS Health Check programme aims to help prevent heart disease, stroke, diabetes, kidney disease and certain types of dementia. Everyone between the ages of 40 and 74, who has not already been diagnosed with one of these conditions or who has certain risk factors, will be invited to have a health check at their surgery. Over 80% of eligible patients in this locality have taken up their health check.

During 2014/15, the sixteen practices in the Upper Lea Valley locality led a number of projects to improve the health and wellbeing of their patients including:

- **Supporting patients with Diabetes** – practices in the Upper Lea Valley locality have spearheaded work across the CCG to encourage patients to come forward to be tested for Diabetes and to support those who have been newly diagnosed. Practices have held a successful public awareness event and have helped to launch the Type2 Together peer support and education programme in the locality.
- **Helping people reach and maintain a healthy weight** – practices in Upper Lea Valley recognise the importance of supporting their patients to manage their weight and minimise the likelihood of people developing long term health problems related to being overweight. In the final six months of 2014/15, practices in this area referred 111 people to a 12-week funded Slimming World or Weight Watchers course.
- **A commitment to patient engagement** – each of the sixteen practices in the locality has a patient participation group. Representatives from these groups have been instrumental in supporting initiatives like the Diabetes awareness day.



East Herts Council and Local Strategic Partnership
Health and Wellbeing Group partners

East Herts Health and Wellbeing Priorities:

Links to the East Herts Council Corporate Priorities

People - Fair and accessible services for those that use them and opportunities for everyone to contribute

Links to the East Herts Health & Wellbeing Strategy Priorities (2013 – 2018)

1. Empowering children, young people and adults to achieve their life potential
2. Pro-active health prevention

Key Partnership Initiative:

Healthy Lifestyles Project

Target Audience

The project is delivered by Crime Reduction Initiative (CRI)/Spectrum. It is for Drug and Alcohol recovery clients who have been through the treatment phase of the CRI growth and life stages looking to build on their treatment success of living a continuing healthy lifestyle.

Project Aims

- Equip alcohol and drug recovery clients with the resources and behavioural tools to live a healthier lifestyle.
- Increase confidence, self-efficacy, self-esteem and improve mental health and emotional wellbeing.
- Seek to review and update the Healthy Lifestyle course and embed into the main programme delivery of CRI, also exploring the opportunity for volunteers in the service to deliver components of the course alongside tutored support.

Project Outcomes, Review & Sustainability

- 150 attendances over the 12 week course with a core group of around 12 attendees for the teaching component and around 6 regular attendees for the healthy eating components.
- Feedback from clients and staff at CRI has been open and supportive, enabling the course to be updated and complimented as it has been delivered.
- The key Five Ways to Wellbeing aspects of give, connect, take notice, be active and keep learning are being reflected throughout the sessions by clients.
- Potential to be integrated into the Health Walks programme to be a continued catalyst to encourage healthy lifestyles and acquiring new skills including volunteering as walk leaders.
- For a £2600 investment this been a positive example of partnership health and wellbeing work and further evaluation will take place during Summer 2015.

@hwbherts

www.hertsdirect.org/hwb
hwb@hertfordshire.gov.uk

five ways
to wellbeing

Hertfordshire
Year of Mental Health

Health and Wellbeing
Hertfordshire