

# Stevenage

Hertfordshire

**NHS**  
East and North Hertfordshire  
Clinical Commissioning Group

During 2014/15, the nine practices in the Stevenage locality led a number of projects to improve the health and wellbeing of their patients including:

## Improving early detection of cancer –

a key priority in the Stevenage area is to improve the uptake of screening for bowel cancer. Patients from Stevenage practices undertook a public awareness campaign to stress the importance of taking up screening opportunities when offered in order to catch any cancers at an early stage.



## Identifying and supporting people with caring responsibilities –

working with local charity Carers in Herts, the Stevenage locality has been a leader in establishing Carer Champions in GP practices. These champions aim to identify people who care for their family or friends and make sure that their caring responsibilities are included in their patient notes and that they know how to access support from the surgery and from community organisations.



**Stevenage**  
BOROUGH COUNCIL

## Stevenage Health and Wellbeing Priorities:

- Promote healthy weight and increase physical activity.
- Improve mental health and emotional wellbeing.
- Increase access to smoking cessation and the number of people who quit smoking.
- Help identify and support carers who are yet to present themselves to local organisations and services.

## Key Partnership Initiative:

### The Healthy Hub

*A number of health and wellbeing organisations will come together at Stevenage Leisure Centre to deliver their work and interventions in a 'neutral' venue.*

Following re-configuration works over the summer, 3 consultation rooms and a multi-use conference room will be available for organisations to hire to deliver a range of activities – from counselling services to physical activity sessions. This will be particularly helpful for those dealing with services relating to mental health. As we know there can be a stigma attached to accessing relevant services, particularly when relating to mental health, as those with mild to moderate concerns may not feel they should/need to access services in the centres that already exist.

Through the district offer funding, MIND will have an outreach worker who will work with community organisations to encourage short term interventions in the community and in the hub to try and prevent a full crisis from occurring.

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**five ways**  
to wellbeing 

**Hertfordshire**  
Year of Mental Health 

**Health and Wellbeing**  
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