

North Hertfordshire

Hertfordshire

NHS
East and North Hertfordshire
Clinical Commissioning Group

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

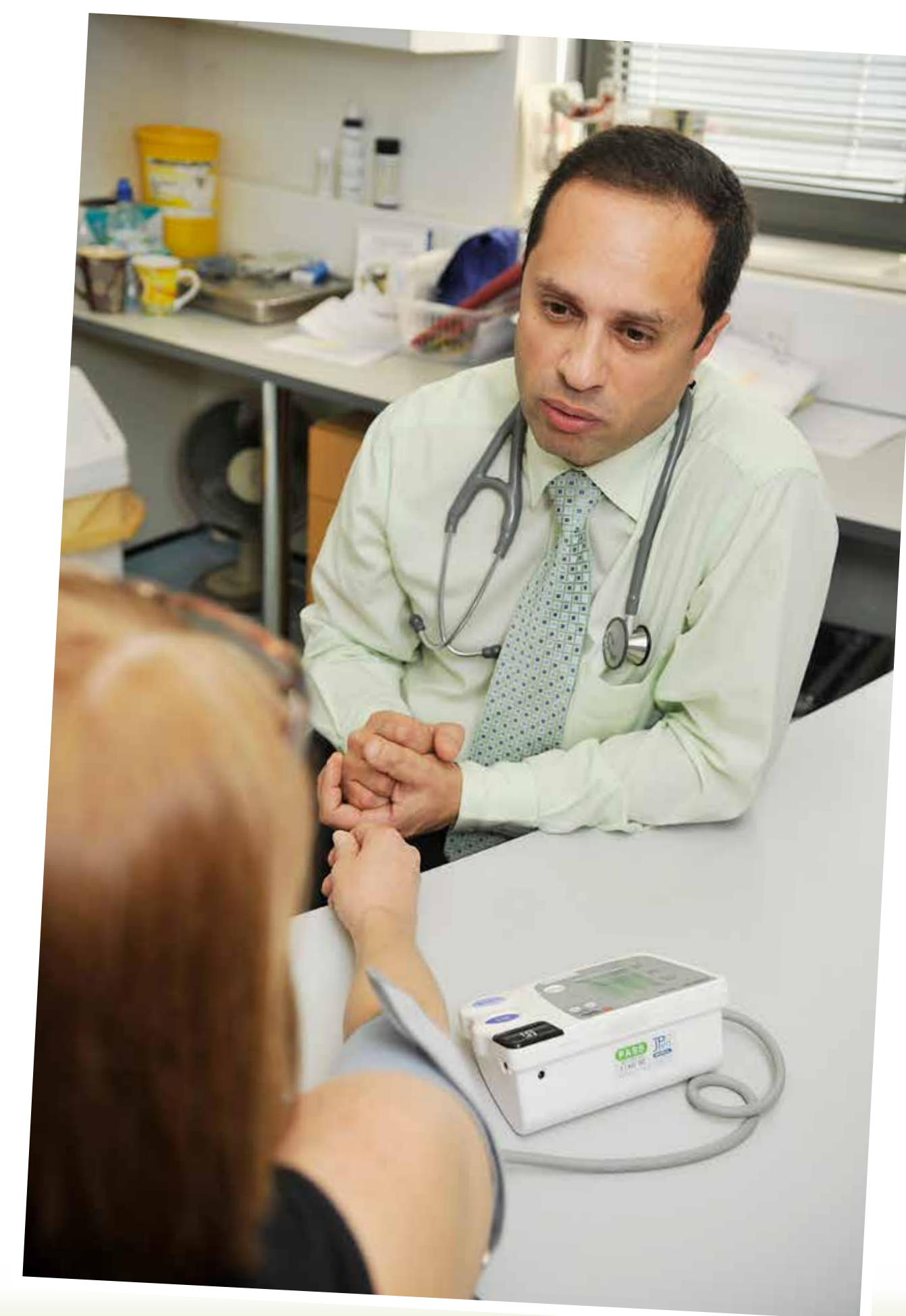
• **HomeFirst comes to North Herts –**

The twelve practices in North Herts have focused this year on improving the quality of life for people with long-term conditions. Locality GPs have embraced the HomeFirst rapid response service which supports older people and others with long term or complex conditions to remain at home rather than going into hospital or residential care.

GPs identify patients who are suitable for HomeFirst support and participate in multi-disciplinary team meetings to develop personalised care plans for them.

• **Better end of life planning –**

Other areas of multi-disciplinary working have resulted in more people who are coming to their end of their life, letting their doctor know their preferences for their last days and an increased number of people dying in a place of their choosing.



North Herts Health and Wellbeing Partnership Priorities:

- Increasing physical activity and promoting a healthy weight
- Living well with dementia
- Improving mental health and emotional wellbeing to reduce the risk of self-harm

Some Key Partnership Initiatives:

Silver Sunday – a national celebration of older people and their contribution to communities. The Royston Leisure Centre and Letchworth Centre for Healthy Living held events in Autumn 2014 offering a variety of free activities to the over 65s to keep active in body and spirit.

The Kingfisher Club

The Kingfisher Club in Hitchin is a happy, positive and vibrant environment where people with memory problems or low to moderate dementia can meet and join in with a range of activities, whilst their carers can have a valued rest.

Howard Cottage Housing Association have extended the Kingfisher Club from Hitchin to Baldock. The club is run by a paid co-ordinator and six volunteers and is for North Hertfordshire residents only with priority given to residents of Hitchin and surrounding rural areas. Funding for this club was awarded by North Hertfordshire Health and Wellbeing Partnership, of the Local Strategic Partnership (LSP) and the Public Health District Offer.

Sports programme for adults with learning disabilities

Local charity Leisure Direct worked with North Hertfordshire District Council to provide a monthly multisports programme for adults with learning disabilities who had been inspired to take up sport following the 2012 Paralympic Games. Following a mixed programme including badminton, basketball and table tennis, volunteers from the charity have pursued coaching qualifications so that they can continue to provide regular access to sport opportunities for the charity's members.

York Road Children's Centre are getting tots active

York Road Children's Centre in Hitchin, North Hertfordshire District Council and Active Tots Hertfordshire provided a series of programmes where parents with children under 5s took part in fun physical activity sessions together. The project recognised that parents of young children often stand and watch whilst children take part in organised activities and we saw an opportunity for the parents to get active as well.

@hwbherts

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

five ways
to wellbeing

Hertfordshire
Year of Mental Health

Health and Wellbeing
Hertfordshire