

Oadby & Wigston Integrated Leadership Team – update for OWBC HWBB – 21st July 2022

The group meets monthly and is made up from a wide range of agencies and services with the aim to support wellness for individuals and create a healthy community within the borough of Oadby, Wigston and South Wigston, through collaborative working.

In December 2021, a group development plan was agreed, with seven work areas; these have all been successfully achieved. (See below). Future focus will be on increasing the level of engagement with VCSE groups and developing new work areas towards Autumn 2022

Context	Action	Outcome
Tackling health inequalities across OWI	<p>A review of local data indicates that the percentage of patients in the OWI PCN that are physically active @ 58.6% is significantly lower than the national best @ 80.2%.</p> <p>The NHS 'Live Well' website states that people who exercise regularly have lower risk of developing many chronic conditions such as heart disease, type 2 diabetes, stroke and some cancers. It also states that research shows that physical activity can also boost self-esteem, mood, sleep quality and energy as well reducing the risk of stress, clinical depression, dementia and Alzheimer's disease.</p>	<p>The decision was made to focus on a health inequalities plan for patients that are not physically active within the PCN area. This plan is a shared enterprise between OWI PCN and OWBC.</p>
Improve mental health & wellbeing in our community	<ol style="list-style-type: none"> 1. Establish a weekly drop-in for residents to have a 'safe space' to go to. 2. Establish the Oadby & Wigston Mental Health forum 	<ol style="list-style-type: none"> 1. Five key agencies worked together to establish a new drop-in centre held weekly in the Kings Centre on Bull Head Street <ul style="list-style-type: none"> • OWBC • OWI PCN • Helping Hands • Trussell Trust • Hope Church <p>An average of 25 residents attend each week to access peer support and to share and learn from each other as well as guest speakers</p>

		<p>2. The Oadby & Wigston Mental Health Forum meets quarterly and gives agencies the chance to share information, opportunities and support to provide more of a seamless MH service across the borough</p>
<p>Support is needed to equip people with the knowledge to make simple lifestyle changes to save energy and reduce bills.</p>	<p>Promote the new role of Community Energy Champion, employed by Helping Hands</p>	<p>The new Energy Champion is out and about across the borough, speaking to people in many settings. She has a regular presence at the Hub Club every Thursday afternoon.</p>
<p>Good access to general practice is an important element of quality care. The coronavirus pandemic caused considerable changes to how patients access GP services which has led to some patient groups experiencing inequalities in their experience of accessing general practice.</p>	<p>Patients from all practices in the borough, have the chance to complete a questionnaire on their experience of accessing general practice.</p>	<p>The PCN has developed an 'Enhanced Access Plan', that will allow for new and innovative ways for people to get the help that they need from a wide range of clinical staff and services. This will be implemented in Autumn 2022</p>
<p>Physical activity and healthy eating are essential elements of a healthy lifestyle.</p>	<p>Promote and educate on the benefits and importance of physical activity and provide the opportunity for residents to be physically active.</p> <p>Support children and young people's health and wellbeing through physical activity.</p>	<p>OWBC Community & Well Being Team have a pro-active approach to increased opportunity for people to engage in new, enjoyable ways to exercise</p> <ul style="list-style-type: none"> • Family friendly games and activities • Weekly walks • Rounders

		<ul style="list-style-type: none"> • Blue Social Prescribing • Free e-Bike training through LCC • Youth well-being sessions • 'Get Moving' days
<p>Effective joint working requires a common understanding of local networks and resources.</p> <p>Information governance / best GDPR practices provides an obstacle to effective joint working between agencies.</p>	<p>Develop a network of the correct referral pathways.</p> <p>Develop a shared database of referred individuals with different access levels (for GDPR) so that a joint plan can be developed, monitored and evidenced long term.</p>	<p>Proposed Information Sharing Agreement is being reviewed by OWI PCN legal team for adoption across services within the OWL Group</p>
<p>The critical role of healthcare professionals to increase activity among people has been highlighted in the national physical activity framework</p>	<p>Increase the number of Active Practice registrations across Oadby and Wigston</p>	<p>Bushloe GP surgery will shortly become the first registered Active Practice across LLR.</p>