



In this edition of my Chair's Report I talk about our plans for our 'Make a Change' campaign in 2015 where I will be asking all of you to make a pledge! It also gives information about the Health 1000 project, the next Development Day and the publication of the Better Health for London report. I would welcome Board Members to comment on any item covered should they wish to do so.

*Best wishes,
Cllr Maureen Worby, Chair of the Health and Wellbeing Board*

Let's make 2015 the year we start to turn the tide on obesity

Next year will see a massive celebration of the 50th anniversary of Barking and Dagenham as a single London borough. A series of events will highlight our heritage, our successes, and our future plans.

We're asking everyone to mark the year with a personal celebration of health and wellbeing too; enjoying our positive points, and asking the question 'Is there anything I'd like to change for the better?' We'd like **YOU** to help lead the way.

This is a 'people like me' inspirational campaign, created with and for people from all walks of life. We'll be showcasing people who live and work in the borough – anyone who has made a change or wants to make a pledge to do something new. Councillors will help to start the trend with some personal pledges in the New Year too. And we'll be celebrating everyone's stories throughout the year – including how people overcome any set-backs.

This is a campaign that everyone can join, and this is the sort of thing we'll be saying **'Make a change!'**

If the age-old resolutions to 'lose weight', 'get fit', 'cut out the booze' or 'give up smoking' haven't worked for you in the past, it could be time to look at things differently. How about...

'Spend more time with my family or friends': you could make it something active you do together; even just a regular walk in your local park. Recruit a friend as a 'make a change' buddy, so that you can cheer each other on. Think long term - maybe you'd like to take on a bigger challenge together in 2016?

'Help look after our environment': you could cut down on the car or the bus, and get out the bike, or some walking shoes. Even a few shorts bursts of energetic movement a day will benefit our health – and the planet!

'Get a better night's sleep': try winding down for sleep with an electronics-free half hour or more. Switch off the TV, radio and gizmos, and read a little (Board papers anyone?). Have a hot drink and a chat, or stroke the cat. Getting in to better bedtime habits has been shown to have an impact on concentration, learning, and wellbeing.

My doctor says that just by walking to work, I can reduce my risk of getting heart disease by up to half.
That's a lot less worry in my life.



Want to make a change this month?

Find out what the rest of us are doing and choose your change at www.lbbd.gov.uk/healthylifestyles



'Meet new people' or 'Give something back': how about volunteering with a local group or sports club?

'Get my mojo back!': if you feel like you just don't have the energy you used to have, can you make time for three short 10-minute bursts of activity a day? No lycra required! It can include digging in the garden, vigorous housework, or a brisk walk to the shops.

There are so many ways to make a change; we're really looking forward to hearing about your 'baby steps', and your big ambitions too. You'll be helping yourself and inspiring others. Please contact Ellen Doran at ellen.doran@lbbd.gov.uk to make **YOUR** pledge!

Complex Primary Care Practice project – Health 1000

Earlier this year, GPs in Barking and Dagenham, Havering and Redbridge made a successful bid to the Prime Minister's Challenge Fund to improve access to primary care. BHR was awarded £5.6m to develop and implement our plans. One major strand of this is:

Complex Care - focussing on complex patients with multiple long term conditions with a need for specialist skills.

Health 1000

The complex care work stream involves developing a complex primary care practice, known as Health 1000, to provide joined up health and social care services to meet the needs of the 1000 highest end users of services locally.

Health 1000 offers a 'one-stop-practice' for people with complex health needs (defined as having five or more of the following long term conditions (LTCs) :

- Coronary heart disease
- High blood pressure
- Heart failure
- Stroke or mini stroke
- Diabetes
- Depression
- COPD
- Dementia

Health 1000 is 'based' in Primary Care facilities at King George Hospital in Goodmayes, and will start working to support patients – and carers where appropriate - before the end of this year. In order to sign up to Health 1000, patients will need to transfer from their current GP practice. We will build patient numbers gradually, aiming to have 100 patients registered by January. Patients will be invited to join but nobody will have to join the practice if they do not wish to.

Patients will be supported by a dedicated team of NHS healthcare professionals to co-design their own care programme and will be allocated a personal care assistant to ensure they receive personalised social and health care support to achieve better health and greater independence. The team includes GPs, specialist doctors, nurses, physiotherapists, occupational therapists, pharmacists and social workers. The model of care is drawn from best practice in the UK, USA and Europe but adapted for the people of North East London.

We are now working closely with our GP colleagues and other stakeholders to explain how the new practice will work. We are also identifying and visiting those patients with relevant conditions – along with their carers – and explaining how registering with Health 1000 will provide them with improved, more responsive, integrated and tailored care.

A new team, led by a medical director, is being recruited to staff Health 1000 which will be overseen by a Programme Board of local stakeholders from November. Health 1000 will initially run as a pilot for two years. The project will be monitored throughout and assessed regularly for clinical effectiveness, patient experience and value for money.

There will be regular stakeholder updates to keep you informed of the progress of this innovative, exciting project focussed on improving the outcomes and experience of 1000 of our most vulnerable local patients. For more information, please contact Dr Jagan John, Prime Minister's Challenge Fund lead for BHR CCGs.

Health and Wellbeing Board Development Day – 16 April 2015

Following the success of the last two Health and Wellbeing Board development days we are holding the next development session on Thursday 16th April between 2 and 6pm. Calendar invites have been circulated but please check that you have the date in your diary. The agenda and exact timings will be confirmed nearer the time. Please contact Joanne Kitching on 020 8227 3216 or email joanne.kitching@lbbd.gov.uk for more information.

Health and Wellbeing Strategy

It's time to review the Health and Wellbeing Strategy. The Health and Wellbeing Strategy is an important document to address our health priorities based on evidence from the local Joint Strategic Needs Assessment, stakeholder and public feedback. Throughout January, the Public Health team will be consulting with a various groups and boards (such as the H&WBB subgroups, LBBB and CCG management boards, Healthwatch and the Council for Voluntary Services) to ensure that stakeholder and resident's input is captured and look forward to discussing our three year strategy with you. The final report (including a delivery plan) will be brought to the Board in March for sign off. If you would like to feed in to the process please contact Matthew Cole on matthew.cole@lbbd.gov.uk or 0208 227 3657.

Publication of the London Health Commission's Better Health for London report

On 15 October 2014, the London Health Commission published *Better Health for London* its report to the Mayor of London, Boris Johnson, on how to improve the health and wellbeing of Londoners. The Mayor set up the London Health Commission in September 2013 to review the health of the capital, from the provision of services to what Londoners themselves can do to help make London the healthiest major global city.

Better Health for London proposes tough measures to combat the threats posed by tobacco, alcohol, obesity, lack of exercise and pollution, which harm millions of people. Together the proposals amount to the biggest public health drive in the world. It contains over 60 recommendations and sets out 10 ambitions for the city with targets. Together the proposals amount to the biggest public health drive in the world. It contains over 60 recommendations and sets out 10 ambitions for the city with targets.

The [Better Health for London report and supporting documents](#) are now available on the London Health Commission website. You will also find Lord Ara Darzi's presentation and other video coverage from the launch event at City Hall.

News from NHS England

The NHS has set out a plan to create a '21st Century' IT system, including giving patients the opportunity to access all their medical records through NHS Choices, adding comments to their GP medical records and expanding care data by 2018.

The [Personalised Health and Care 2020](#) report explains how the NHS will go about giving patients digital access to all their records by 2018, and how the CQC will regulate the quality of record-keeping from April 2016. Under the 2015/16 GMS contract GPs are required to provide online access to all coded information in patient records by 2016 for people who request it and access to summary care information from April next year.

But the latest report goes further, setting out how patients will have access to all their health records through NHS Choices. The report, developed by NHS England, the Department of Health, CQC, Monitor and research organisations among others, and explains how all NHS providers will have to develop up-to-date electronic record of patients' care by 2018.