

# TOGETHER

## A HEALTHIER FUTURE

### The Integrated Health and Care Partnership for Pennine Lancashire

#### Introduction

Welcome to the May newsletter from Together a Healthier Future.

My name is Dominic Harrison, Director of Public Health for Blackburn with Darwen Borough Council. I am also a member of Blackburn with Darwen Clinical Commissioning Group Board and a Visiting Professor in Public Health at the University of Central Lancashire. With colleagues, I lead on the 'Place-Based Prevention' programme for Pennine Lancashire.



We know that there is a growing understanding that our current health and care services are reaching the limits of their ability to continue to improve health. Our current system, that was designed in 1948 to deal with short periods of acute illness, is under increasing pressure as people are living longer with a number of long term conditions, many of which are preventable.

This means that services need to change; to focus on keeping people healthy and well in their own homes and communities, and most of all to move from detecting and managing diseases to predicting and preventing them.

Globally, health and care systems are already moving towards a more prevention focussed model – working with the communities in which they are based. Prevention and public health investments return about £14 for every £1 invested, they keep communities resilient, they allow us to remain with family and friends in our own homes and leave hospitals for those who really need them.

If we are serious about achieving our Vision, for all of us to have healthy and long lives, we must invest significantly in prevention activities which we know work. Our plan for doing this in Pennine Lancashire includes creating and supporting healthy communities in healthy places, but this will not happen by itself.

Research shows that the biggest impact on people's health and wellbeing comes not from formal health and care services, but from other organisations and the community and environment around them. We need to take action outside of the health and care system to improve the health and wellbeing of our communities.

We also need you to think about your health and better understand your own health needs by looking at, and taking preventative action across all stages of your life, to enable you to lead a healthier life. The prevention programmes aim to further support you to access services and activities in your local community which will help improve your health. We know the health and care system has a key role to play in this but we need everyone to play their part using their own energy, skills, capacities and resources.

As the prevention programmes develop – please get involved!

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## 3 things you need to know....

- Together a Healthier Future is set up to help improve the health and wellbeing in Pennine Lancashire which includes East Lancashire and Blackburn with Darwen.
- We need everyone's help to make this work. We need everyone to look after their own health as much as they can, to make healthy choices in their lives, use services appropriately and support their families and friends to live healthy lives. Only by doing this will we all be able to achieve the changes needed.
- We are moving forward in our plans to make our services the best they can be. Our doctors, nurses, pharmacies and other health care professionals are starting to work better together and we are encouraging the development of neighbourhood teams to provide health and care services closer to people's homes.

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## Integrated Health and Care Partnership Updates

# What is the Pennine Plan?



## Leaders in Pennine Lancashire talk about plans to improve services by working as an Integrated Health and Care Partnership

Please watch this short video of health and care leaders across organisations in Pennine Lancashire talking about the Pennine Plan and why it is so important for residents, patients and the health and care workforce.

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## Draft Pennine Plan Communications and Engagement Report

In December 2017 we launched our draft Pennine Plan, which outlines a number of innovative and exciting proposals designed to improve the health and wellbeing of people who live and work in Pennine Lancashire. Over a period of 2 months we promoted and engaged with residents, carers, volunteers and staff and asked for their thoughts on the draft Pennine Plan.

We have produced a report which highlights the key themes and issues raised during this engagement period. The report is available to view [here](#).

An element of the winter engagement on the draft Pennine Plan during December 2017 and January 2018, focussed on engagement with hard to reach communities across Pennine Lancashire.

Following on from a previous successful engagement programme with the Gypsy, Romany and Traveller Community, it was recognised that there would be great value in setting up a further project to support, recruit and train interested members of this community to conduct a community research project which involved upskilling these individuals in engagement and research methods.

This project took place in line with the generic promotion and engagement on the draft Pennine Plan. The report of this project and the outcomes of engagement are available to view [here](#).

Winter 2017

**Draft Pennine Plan:**  
Communications and  
Engagement Public Report



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## Over 1,000 residents in Pennine Lancashire benefit from Home First Service



A successful service in Pennine Lancashire which helps people get home from hospital as soon as possible has supported over 1,000 people to return home safely.

Home First is an integrated health and care service which has been established across Pennine Lancashire over the past 12 months. The service has proved to be a success, and supports adults with identified care and support needs once they are discharged from hospital. [Read more](#)

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## News and Events

### General Data Protection Regulations (GDPR)

To ensure the laws overseeing personal data are fit for purpose, European regulators have created a series of new rules which come into force on 25 May 2018, this is called General Data Protection Regulation (GDPR).



As a result of these new regulations, the Together a Healthier Future team is contacting stakeholders to provide the opportunity to manage and decide how the information we hold is used.

We want to communicate in a way in which our stakeholders give informed consent and that is in line with UK law, whilst making sure stakeholders still receive the information and communications from us that they want.

If you have not yet received an email requesting your consent or have any queries please email [Nicole.Mason1@nhs.net](mailto:Nicole.Mason1@nhs.net).

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### Staff across Pennine Lancashire Integrated Health and Care Partnership come together to improve care and support for people living with frailty



On 4 May 2018 staff from across Pennine Lancashire Integrated Health and Care Partnership came together at Walshaw House, Nelson, to look at how services delivered by organisations across the partnership, can better support and co-ordinate health, care and support services for local people living with frailty. [Read more](#)

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## Voluntary, Community and Faith Sector Organisations shape the way forward to improve the health and wellbeing of residents in Pennine Lancashire

Around 100 representatives of the Voluntary, Community and Faith Sector (VCFS) met with statutory health and care organisations at Accrington Town Hall on 21 March 2018 to look at how they can work together better, to improve the health, care and wellbeing of residents across Pennine Lancashire.

The Pennine Plan sets out our proposals to improve the health of people living in Pennine Lancashire (which covers Blackburn with Darwen and East Lancashire), as well as improving health and care services in the area. It sets out our ambition to strengthen the collaboration of health and care providers working with and alongside the many excellent Voluntary, Community and Faith sector organisations. Coming together at this event provided a platform to look at how we can better improve and co-ordinate health and care services across the area.

[Read more](#)



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## Enhanced Health in Care Homes celebrate achievements in the local care home sector

The Airedale and Pennine Lancashire Partners Enhanced Health in Care Homes is one of six vanguards across England, that has been working to improve the quality of life, healthcare and health planning for people living in care homes.

The celebratory event took place on 10 April 2018 to highlight the many successes of the vanguard programme. Some of these included; the telemedicine initiative which provides remote video consultations between health professionals and patients, the red bag scheme which ensures a smooth process when a care home resident needs to go into hospital, and dementia music therapy which utilises specially created playlists that help evoke memories to a person living with dementia.

[Read more](#)



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This newsletter aims to keep you up to date with everything is happening in the Together A Healthier Future Partnership as well as health and care updates in Pennine Lancashire.

For further information please visit [www.togethераhealthierfuture.org.uk](http://www.togethераhealthierfuture.org.uk) or email

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