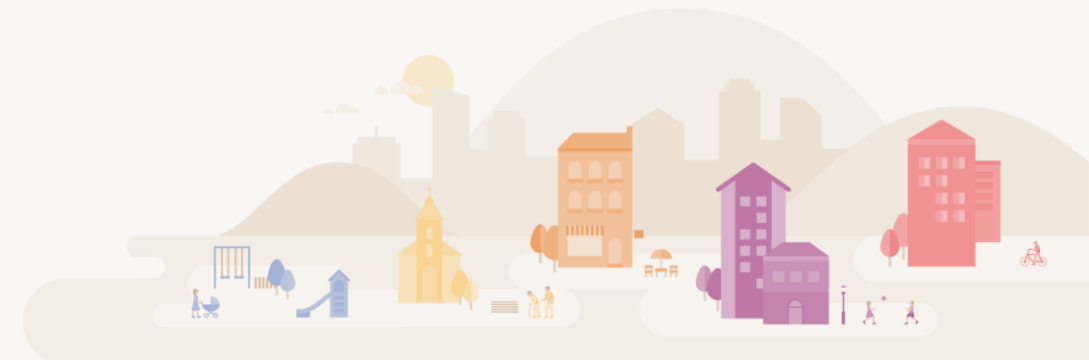


Integrated Wellbeing Service

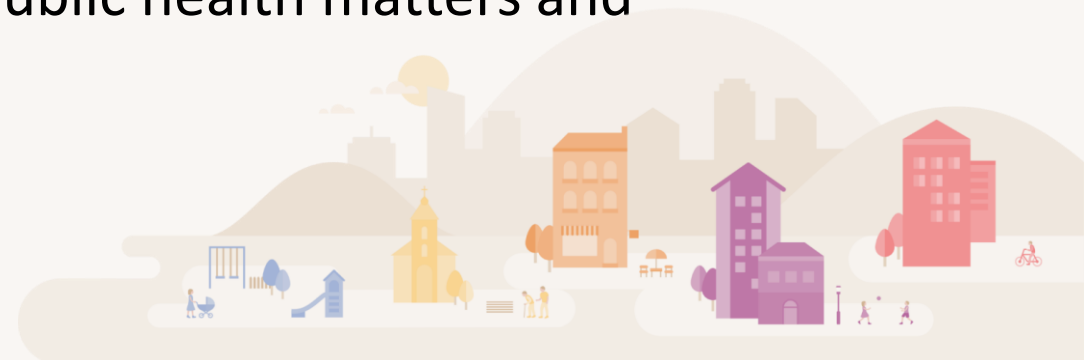
Dominic Duggan - Stakeholder & Engagement Lead

Healthier, happier for longer. We make lives better



Our Experience

- Obesity management (Tiers 2 and 3),
- Healthy lifestyle and behaviour change interventions,
- Integration of lifestyle services,
- Psychological and mental wellbeing interventions,
- Smoking cessation,
- Physical activity including Falls Prevention,
- Community nutrition,
- Training to health professionals on lifestyle and public health matters and
- Bariatric preparation/assessment.



Vision and Values

People Powered

We place people at the heart of our approach. We listen to their wider experiences and needs and work with them to co-design practical solutions to their problems.



Bold

If we do things the way they have always been done nothing will change. We are passionate about finding new approaches, employing new technologies and engaging with the latest sector research to help communities make long lasting, sustainable change.



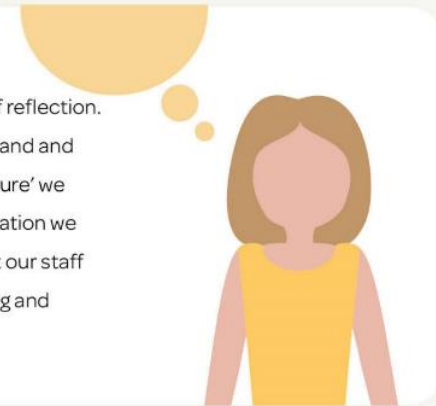
Effective

Our success depends on our ability to transform the lives of the people and communities we work with and we pride ourselves on delivering results. Our work is evidence based and we are skilled at delivering on targets and monitoring and recording our impact for all our stakeholders.

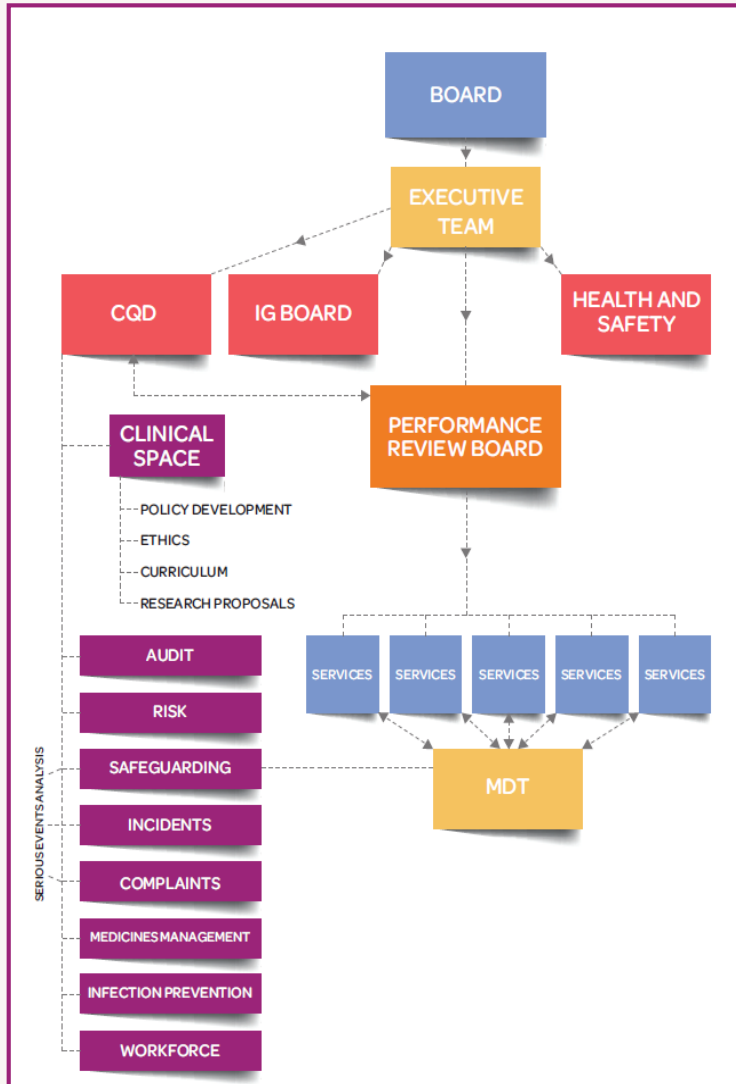


Thoughtful

We believe in the value of reflection. By taking time to understand and reflect on 'the bigger picture' we ensure that as an organisation we keep on learning and that our staff and services keep growing and evolving.



Governance



- CQC accredited organisation.
- All services are accountable to ABL's Executive Team and Board.
- Clinical Governance is led by ABL's Medical Director.
- Inhouse specialist Multi-Disciplinary Team.
- Established governance structures in place to manage financial, clinical and operational risks.





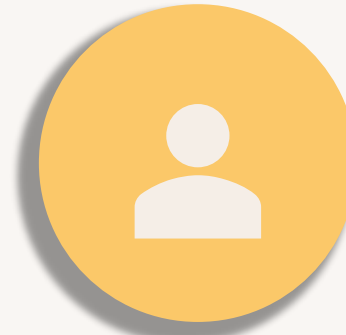
Engagement and Co-production

- Embedded in communities.
- Place/settings based.
- Built around local aspirations.
- Supportive community.
- ABCD approach.



Integrated into the system

- Partnership and engagement approach.
- Collaboration/joint delivery and co-location.
- Wider determinants (employment debt etc).
- Seamless pathways.
- E.g. PCNs, Secondary Care, VCS, Pathway Partners.



Relevant, responsive, bespoke

- Key worker.
- Strengths based using individual/community assets.
- My story.
- Life course approach.
- Accessible, including digital provision.
- Blended offer.



Outcome focused


- Wider impacts, health economics.
- Feedback and change.
- Evaluation and feedback.
- Sharing successes/challenges.



I have been supported to...


-  Improve my health
-  Become **financially stable**
-  Live a **longer healthier** life
-  Live independently for longer

 **Actively connect** with community assets

 Be a **champion of my own health** and supporter of others

 Have better **wellbeing**


 Be **aspirational**

Reduce my risky behaviors 


 Be **proud** of where I live


My wider system has...


 Improved **healthy life expectancy**


 Reduced prescribing costs

Experienced **economic growth**


Improved population health and **self care** management 


 Reduced pressure on **GP appointments & social care**

 Economic gains through **better use of resources** and less duplication of services


- Reduced 
- emergency admissions
 - alcohol related deaths
 - Long term conditions i.e. CVD, COPD, Diabetes

My community has...

 Improved **physical activity** rates

 Reduced **obesity** rates


Less preventable **cancers**

 Reduced **drug and alcohol** use

Reduced **smoking rates** 


 **Sustainable community** led initiatives

 Reduced **social isolation**

 **Co-produced** service provision as standard

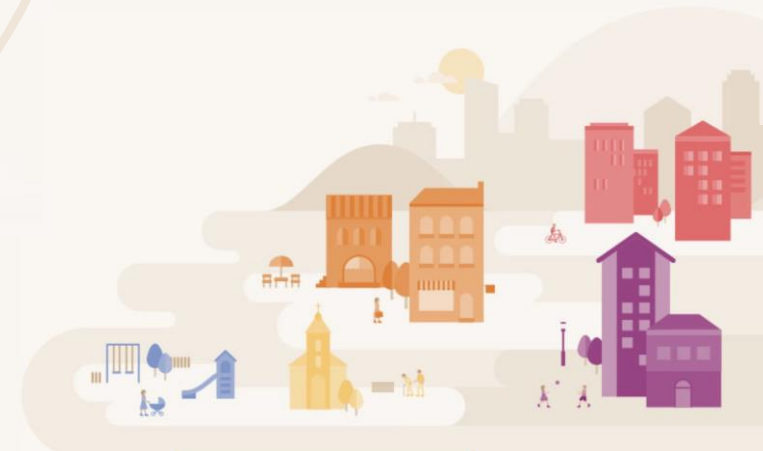
More people in **productive employment** 

 Improved **mental wellbeing**

 Reduction in health inequalities

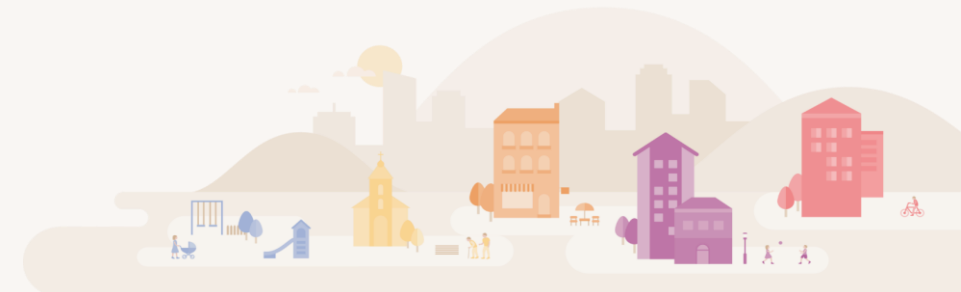
Integrated offer includes

- Key worker model.
- Say your story once.
- Don't get missed in the system.
- Address multiple behaviours on personalised pathway.
- Sequencing of support based on client need.
- Support for up to a year.



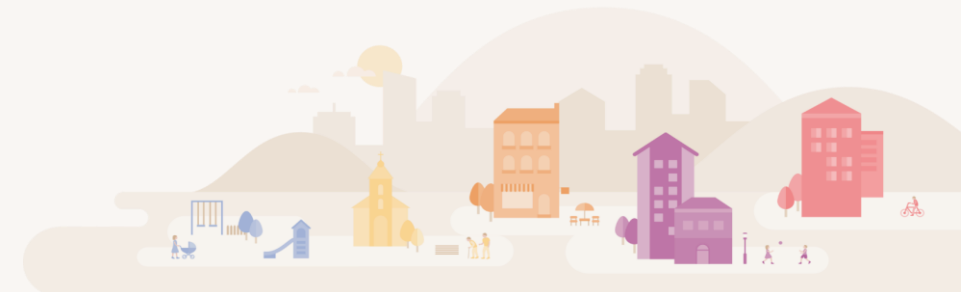
Smoking Cessation

- For current smokers aged 12+.
- Group, 1:1, home and hospital-based interventions that are flexible and responsive to individual needs, combined with quick access to pharmacotherapy. Self-help techniques are utilised across all interventions, enabling a maintained quit and resilience to relapse.
- Direct supply of NRT and PGD for Champix.



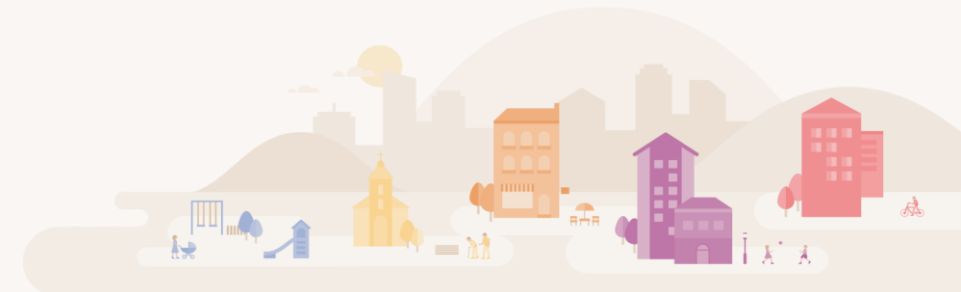
Weight Management

- Adults BMI 30+, Children aged 4+/BMI on 91st Centile.
- ABL has extensive experience in delivering successful evidence-based weight management services for Adults, Families and young people.
- Our service supports individuals and families to achieve and maintain a healthy weight and all sessions are designed to be fun and inclusive for all.



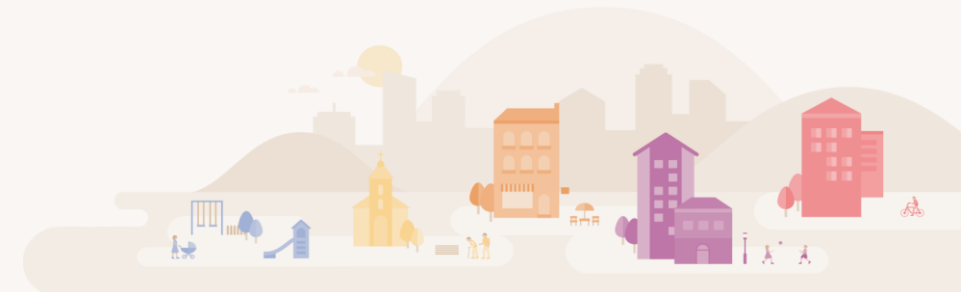
Physical Activity

- For those aged 18+ and complete less than 60-minutes moderate physical activity per week – inactive/moderately inactive on GPPAQ.
- We provide a range of community-based sessions, supporting people to break down barriers to exercise and set achievable, realistic activity goals.
- We will also support local initiatives to encourages services users to increase their activity outside of our sessions.
- **Falls Prevention** - Our experienced staff deliver and co-ordinate a range of falls prevention sessions, supporting anyone over the age of 55 who has mobility or stability challenges.



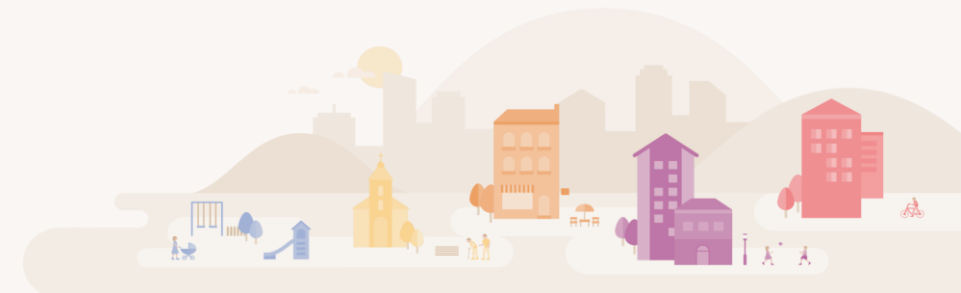
Alcohol

- For anyone aged 18+ with an AUDIT-C 15 or below.
- We deliver a range of 1-1 and group sessions that support people to reduce their alcohol intake and drink within the recommended guidelines.
- The supportive, non-judgmental sessions aim to raise awareness of the adverse health consequences associated with alcohol consumption.



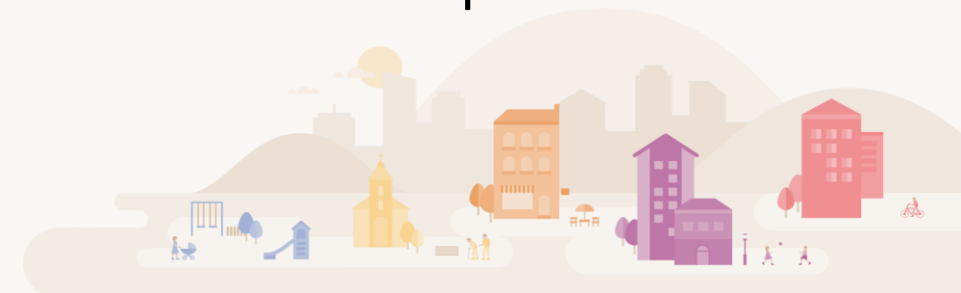
Digital offer

- Blended digital and real people approach.
- Led by client choice and need.
- Quit Genius – Smoking offer includes CO monitors and 24/7 coach support.
- Healum – Wider lifestyle offer including videos, structured online programmes, personalised goal setting.



How to Refer

- The service will be accessible to all Nottinghamshire residents via self or third-party referral.
- We have a single online referral form and electronic referrals can be made via the F12 function on SystemOne.
- Self-referral can be completed via the app, website or by calling our admin team.
- Referrals direct from hospitals or via nhs.net email.
- Referrals processed within 1 working day.
- Feedback – Minimum receipt of referral/4 and 12 week feedback and post 12 week follow up.



Additional Information

- Goes Live 1st April 2020.
- 4 Geographical teams cover each district with specific targeted activity in accessible venue including 'yourhealthnotts' community bus.
- More information – www.yourhealthnotts.co.uk.
- Training packages available to staff incl. Raising the issue and BI and can offer specialist training on request.

