



SOUTH BRISTOL LOCALITY PARTNERSHIP 2023/24

Delivery Plans Q2 update

This report sets out to give an overview of the progress we have made as a partnership between July - September (Q2) against our priorities (child healthy weight, alcohol harms and falls) and our wider areas of work including community mental health, community engagement, proactive care and communications and coproduction.

South Bristol Locality Partnership



Child Healthy Weight Q2

Goal: To reduce the number of children who are found to be overweight at ages 4-5 years old in Hartcliffe, Withywood and in Hillwood from 300 to under 250 by 2028 to reduce the disparity between rates in these areas and other parts of South Bristol.

Main focus areas: Breastfeeding and early years, healthy food provision for families and young children, increase in physical activity.



28

Families signed up to the Beezee Bodies Families programme starting September (across Bristol)



In September, Beezee Bodies delivered a training session open to the whole Bristol School Health Nursing workforce about raising the issue of weight.



COMMUNITY LEARNING



South Bristol Locality Partnership Funded Projects via Wesport:

Hartcliffe City Farm Outdoor Kitchen project

Sep 23- March 24

Greater Brislington Together Wildlife Photography outdoor club

Aug 23-Dec 24

We Are More (Knowle) Allotment growing and cooking project

Sep 23- March 24

Young Bristol Sports and Healthy Food project (multiple wards)

Dec 23- March 24



Bricks (St. Annes) are looking at ways to explore how they can use their kitchen space to incorporate cooking and food activities with the barriers to healthy food in mind. Liaising with Batch Cook Club.

Bricks are also exploring their Holiday Activities and Food programme for children to incorporate more family cooking opportunities and working with Feeding Bristol around the children's kitchen model

Zion Cafe (Bishopsworth) teamed up with Batch Cook Club to deliver cooking classes for parents and adults in the surrounding area with discounted prices for Hartcliffe residents. Approximately 50% of attendees were Hartcliffe residents. Parents were particularly keen on using the recipes for their children and expressed things like: 'My kids would love this!' Most people were interested in finding affordable ways to optimise nutrition. Batch Cook Club will be running more sessions for families at Hartcliffe City Farm 13-15th October.



Hartcliffe City Farm Kitchen Project

Funded by the SBLP child healthy weight small grants, the first cooking session was delivered 5th October with four families attending. The group spent time tasting some herbs and edible flowers in the garden and making savoury and sweet pancakes. The children helped mix the batter using farm eggs and added fresh tomatoes to one batch and raspberries to the other.

Leanne our Community Connector in BS3 has been spending time with parents at Parson Street School, and working in partnership with Community Learning they have initiated a gardening and cooking club- developing skills in growing fresh produce and running cooking classes for parents at the school.



Following the success of Batch Cook Club sessions at the Zion Cafe, Zion are working with Feeding Bristol to have their staff upskilled to deliver children and family cooking classes from their own site in the near future.

Key updates on progress for Q2 and our delivery plan



This quarter, we have developed contacts within Early Year settings such as the Lead Teacher covering Knowle West and Hartcliffe Nursery and Early Years Consultant for South Bristol. In January there is a 'Cluster Meeting' - an information sharing forum for schools and early years leads. Representatives from our working group will be attending to promote our child healthy weight priority and offer support to engage.



Working with Public Health colleagues we are incorporating the Bristol Eating Better Award scheme into our delivery plan to increase the number of early years and school settings, and community organisations with an award. To achieve the award these settings will have committed to offering healthy food options and promote sustainability. As well as these settings, we are also exploring how we can influence healthy options in supermarkets and convenience stores in areas particularly affected.

Community Engagement Q2



Community Connectors x3



Community Innovation Lead



Community Anchor Organisations x 8

Community Connectors

Community Connectors have been in place since September 2022 are here to help people build connections to others and their community, improving health and wellbeing by reducing isolation, increasing self-resilience and access to local resources.



Community Connector-
Leanne Purton (BS3
Community Development)

Focus areas: BS3- Hollidge Gardens and St. Catherine's supported housing blocks (55+); Marksbury Road



Focus areas: Inns Court housing development, Knowle West

Community Connector-
Emma Smallwood (Knowle West Health Park)

43

Average number of people supported in a month (Q1 23/24)

129

Total number of people supported year to date (Q1 23/24)

163

Average instances of support in a month (Q1 23/24)

489

Total instances of support year to date (Q1 23/24)

111

Average number of people supported in a month (Q2 23/24)

322

Total number of people supported year to date (Q2 23/24)

244

Average instances of support in a month (Q2 23/24)

1600

Total instances of support year to date (Q2 23/24)

Examples of activities Community Connectors are running



Weekly walking groups



Regular coffee meet-ups and socials



Regular singing groups

LGBTQIA+

LGBTQ+ FAB Cafe



Community events including dog shows and lunches



Community clothes swaps

Leanne and Emma have developed lots of case studies capturing the journey of some of the residents they have been working with over the last year. Here are just some of the things they had to say about the work they do

I can be myself & just for a couple of hours, I'm not on my own.

I find the Craft & Chat Group very helpful. I live on my own & I get lonely at times.

It occupies my time, helps with interaction with other people, and boosts my confidence.

[The Morning Social] is such a warm and welcoming atmosphere, and is an enormous asset to so many people.

Coming to the group has helped me a lot, by making new friends & I enjoy playing board games, colouring & having a chat.

I look forward to the group. It sets me up for the rest of the week & I feel happy & accepted there.

It is relaxing coming along (to art club) instead of rushing around, and I especially like mixing and talking with different people.

Key learning from the Community Connectors so far

Having a number of social groups and activities set up and available to people is great because people can be linked into multiple groups, learning skills and making more connections. However this does require dedicated support from the Community Connector to keep this going.

Making connections with Social Prescribers has been great as many members have come from this route and have remained engaged, so having something to offer social prescribers is really positive. The challenge is having the ongoing resource to keep this offer available and not many members feel comfortable to keep the groups going without the Community Connectors' involvement.

Having groups that bring people together provide a great springboard to invite other services into, for example to share information like falls awareness, or to introduce mobility classes.

Many people have personal issues they wish to discuss with the connector and so effective signposting is essential.



Hari Ramakrishnan

Community Innovation Lead: Feb 23- present

Focus: SWIFT PCN building connections between PCN and VCSE, as well as VCSE orgs to other VCSE orgs.



Recent feedback from VCSE and health providers operating in the Swift area of South Bristol indicates that our Community Innovation Lead is increasing connections between community and voluntary organisations and Primary Care.

In a recent survey completed by 30 local community organisations and health professionals, respondents were asked how connected they felt with other organisations and health providers before and after engaging with the Community Innovation Lead.

On average, respondents rated their initial sense of connection before connecting with the Community Innovation Lead as 4 out of 10.

After connecting with the Community Innovation Lead, the score was 7 out of 10.

The Community Innovation Lead has really understood our service, what we are trying to provide and also the barriers we face in trying to adequately serve South Bristol

Having Hari has been like having a catalyst, a sounding board and an advocate rolled in to one

The Community Innovation Lead has been brilliant in opening doors and opportunities with the NHS

Case Study: Brunel Care- the Diabetes Prevention Service

At the start of my role, I reached out to Brunelcare as they owned two residential care homes in Whitchurch and Bishopsworth. I also met their Service Manager Femi Robinson who informed me they were also about to launch a new community service funded by the ICB – the Diabetes Prevention Service.

I helped Femi and Service Coordinator to promote the service amongst Swift practices and community organisations. This included football charity Robins Foundation, local drug and alcohol charity Hawkspring (especially after hearing from the care homes that they have many tenants with drug and alcohol dependence issues), liver screening service Alright My Liver and Hengrove Leisure Centre. I also kept them in the loop for upcoming events including NHS Talking Therapies' event focusing on mental health for older people.

There were initial difficulties with GP surgeries due to not knowing the difference between the Diabetes Prevention Service and the existing National Diabetes Prevention Programme (NDPP). However there was much great success through connecting to community organisations.

Although the Diabetes Prevention Service is coming to an end, the new relationships with the community will continue to help Brunelcare's work moving forward.

"We have found it to be invaluable. Working with Hari has been absolutely amazing, as he has opened the doors for networking, which has also created further opportunities for partnership working. Hari has also opened the doors and created better access for our organisation with, GP surgeries and also the NHS. We need a Community Innovation lead in all areas of Bristol!"

Quote from colleagues at Brunelcare

Community Anchor Organisations

We recognise the important role the VCSE sector plays within communities across South Bristol. As the South Bristol Locality Partnership we wish to work with our key Community Anchor Organisations (CAOs) to develop our engagement with the communities that each serve.

To help us gain further insight from our communities on our priorities on child healthy weight, alcohol harms and falls, our CAOs held conversations with residents in their communities based on these priorities between May and September 2023.

We initially identified 13 CAOs across South Bristol and invited them to a workshop to learn about their organisations and introduce the Locality Partnership and this project. Although there was enthusiasm and interest to take part by all, timing and capacity pressures resulted in nine of the 13 organisations taking part in the full project.

The outcomes of this project will be shared with all, as well as future opportunities for collaboration.



Between May – September 2023 our CAOs:



Held 174 conversations (11 groups and surveys)



with 559 residents



In Knowle & Knowle West, Southville/Bedminster, Hartcliffe and Withywood, St.Annes, Brislington, Bishopsworth

Here are summaries of the main themes that came out of the conversations

Child Healthy Weight

- Many families struggle to access support for children with special educational needs and disability (SEND)
- Feels to be lack of 'community hubs' to access information-schools used to feel more present
- Lack of public transport provides barriers to accessing activities or healthy food
- cost of organised physical activities indoor and outdoor can be a barrier to access
- parks need to feel safe for families to use them

Falls

- Having a social network through neighbors and family is really important for prevention and recovery of falls
- Those that are more isolated are at most need of community networks and access to professional support
- Having a social reason to keep active and access support helps
- increasing level of online booking platforms for appointments is reducing trust in services for older more isolated people

Alcohol harms

- Those with personal experience of alcohol harms knew where to get help from relevant agencies such as Hawkspring, BDP, AA
- They also reflected on the issue as more internal to themselves
- Those less personally affected by alcohol harms saw the issues as external i.e. anti-social behaviour & public drinking
- Online purchasing makes it easier for the problem to remain hidden

What have been the benefits for CAOs and their communities?

This project and partnership has enabled CAOs to start to build a local evidence base of what matters to people in their communities, and has helped build trust with residents through giving the time and space to talk about our priorities and share their views and ideas.

It has formed the foundations and evidence for CAOs to have new ideas about where to go next with their offers and plans for the future, identifying new partners for collaboration on new projects, as well as upskilling to enable in house delivery of activities for example, Zion are planning to work with Feeding Bristol to upskill staff to run family cooking sessions from their own site.

Having staff and volunteers involved with this work has highlighted the strong connections and skills that volunteers have and therefore generated more ideas and activities that could be offered to community.

Child Healthy Weight

Many of the CAOs have made partnerships with Feeding Bristol, Batch Cook Club, Community Learning and others to provide adult and family community cooking sessions, and outdoor activities following outcomes of the conversations. There is an appetite to build sustainability to run these in house moving forward too. Greater Brislington Together secured funding via Westport to run local outdoor nature photography sessions for children.



Falls

Activities organised by the CAOs as a result of the falls conversations include community tai chi sessions in collaboration with Age UK (Redcatch Gardens, Zion), chair yoga (HWCP, BS3), free meals and social activities to build social networks for those more isolated to support the reduction of falls (Zion).

Bricks are working with Re-engage to hold monthly Bocca sessions for over 75s at St.Anne's House where volunteers provide transport for those needing it.



What's next- how can we maintain the partnership we have built beyond this project?

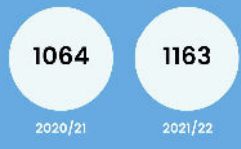
Bristol Eating Better Awards are a great way to promote healthy options in communities when serving food and drinks or choosing which suppliers to use to provide food at community events. The scheme is accessed via public health and provides a set of targets to meet. Public Health colleagues have engaged with us as part of our child healthy weight work so we will connect CAOs with Public Health colleagues to get the ball rolling.

Given the learning from the conversations, particularly around Falls there are opportunities for CAOs to engage with the Locality Partnership's Falls work.

Looking ahead to future collaboration, our CAOs will play a key role in the Locality Partnership in shaping and developing local priorities and projects.

Community Mental Health & Alcohol Harms Q2

The rate of admissions for alcohol-specific conditions in South Bristol (1064) was significantly higher than England (587) in 2020/21. We are concerned with the rate of admissions and about the clear link between alcohol misuse and poor mental health. Our goal is to reduce the number of admissions for alcohol-specific conditions across all areas of South Bristol to below the Bristol average rate.



2021/22 data suggests the rate of admissions for alcohol-specific conditions in South Bristol has increased (national figure not published yet).

- Key factors to note:**
- Development of alcohol harms specific delivery plan has been limited due to lack of capacity to develop a working group
 - Alcohol admissions are regularly discussed as part of MINT case reviews and therefore naturally falls under the development of the Community Mental Health model which will include integration of key alcohol and drug agencies
 - Public Health have plans to recommission the ROADS alcohol pathway by 2025. SBLP are part of these conversations and have included them in the development of our mental health model and how the two interlink.

Mental Health Integrated Network Team- MINT

Go Live- Dec 2023

Recruitment	Comms	Estates	Digital
<ul style="list-style-type: none"> • Hub Administrator and Manager in place by 16th October. • Psychologist, Social Worker and Recovery Navigators recruitment in progress. 	<ul style="list-style-type: none"> • OneCare leading comms with General Practice with support of Hub Administrator and Manager • South Bristol TeamNet page is built for shared consistent communications regarding MINT 	<ul style="list-style-type: none"> • Estates review in progress- preferred option is Whitchurch Health Centre 	<ul style="list-style-type: none"> • CMH Programme Team are working with all core MINT partners to understand digital and system requirements • This forms part of the Data Protection Impact Assessment • Once this is complete, all MINT partners will sign Data Sharing Agreements

Current Delivery	Core Membership
<p>The South Bristol MINT shared case reviews have been in test and learn phase since March 2022. In that time the Core MINT has reviewed 55 cases.</p> <p>MINT shared case reviews take place fortnightly on a Wednesday afternoon.</p> <p>In-between these, we hold MINT mobilisation meetings to discuss operational plans such as digital, estates, recruitment and comms in planning for the December go live.</p>	

As we work towards a truly integrated model, we are continuing to engage with other teams and organisations operating locally about our MINT model and how they could get involved. For example, Womankind, Off the Record, DHI, Bristol Drugs Project, Community Learning Disabilities Team, Social Housing, High Intensity User Team, and SWEDA have come to case review sessions before when beneficial to a specific case.

Next Steps

Real focus on integrated culture of the MINT Hub	Progress with cross/system IT access & data sharing agreements	Recruit to remaining hub positions	Locate suitable estates for MINT Hubs	Share consistent official MINT communications with general practice and wider partners

Changes Mental Health Peer Support

529 group sessions have run in South Bristol since Jan 2021

72 people attended South Bristol sessions July-Sept 23

Area	July	Aug	Sep
Bedminster	10	10	10
Ashton Vale	5	5	5
Knowle	5	5	5
Brislington	5	5	5

Note: Withywood session discontinued April 2023 due to low attendance

Ageing Well Q2

SB-LP Priority: Reduce the number of falls – we will aim to achieve a reduction in the number of people over 65 attending the Emergency Department after a fall (50% over five years)

Emergency admissions due to FALLS injuries, patients aged 65+, rate per 100,000.

2020/21
1038
2021/22
952



Walking was the most commonly reported method of exercise

CAO Falls Engagement Headlines

The most commonly reported risk of falling amongst respondents was tripping on pavements



Many people reported that they wouldn't know where to look if they wanted to find local support for falls, but of those who did, visiting their GP highly reported

Key Challenges



Unconfirmed resource

The communities Health and Care Improvement Group (HCIG) have yet to agree how the Proactive Care Funding will be allocated amongst its priorities. Although we have taken actions to begin progressing against our priorities in ways that don't require much resource, in order for us to implement changes that will make a substantial difference locally, we need clarification around what resource we'll have to deliver this.



Awaiting system decisions on Proactive Care

As well as awaiting decisions against funding, it is also unclear what direction the system may want to take on what Proactive Care will look like. The Proactive Care model that NHSE has previously shared regarding targeting people with multiple long term conditions through Assessment, MDTs and Care Coordination may no longer be the model that will best help us to achieve our shared strategy. Because of this we will need clarification how we as localities can support the prioritisation and delivery of what it means to provide Proactive Care.

Key Updates against priorities

Diabetes

The Bristol localities met in September to discuss options around delivering an aligned approach to supporting those with early onset diabetes, in response to some guidance and funding that has become available.

Over the next few months we will compare this data and agree if a shared or local approach would be suitable. We will then work with communities, individuals and partners to agree how best this funding could be put to use.

COPD

On 9 October we worked with Chiesi Pharmaceuticals to deliver a Spirometry training session for clinicians across South Bristol. 10 colleagues from our PCNs attended.

With this alongside the Education or health training that 18 clinicians across South Bristol will be completing, we can continue conversations on how we can resume in practice Spirometry diagnostics and how we may want this to fit into a community hub.

Falls

On 12 October the Ageing Well Group met and agreed to pursue a series of small activities to address the feedback we received as part of the CAO engagement whilst we wait for decisions around allocation of the Proactive Care Funding.

We will work with our partners to complete a mapping of falls services across BNSSG and locally so that we can identify opportunities to join up services more effectively, identify any gaps and then undergo a series of engagements and creation of resources to ensure that residents and services are aware of local offerings relating to falls whatever their level of frailty.

Communications Q2

Since Q1, our Communications group has reduced its frequency to quarterly meeting.

Widening of communications amongst partners

Maximising the quality of communications

Ensuring communications are accessible to all

Considering how to enable two-way communication

South Bristol Locality Newsletter

Q1

Q2

120 ↑ **162**

Average monthly readers

146 ↑ **172**

People on the distribution list

82% ↑ **106%**

Of the distribution list views the newsletter

Our distribution list consists of colleagues from across the wellbeing and health sphere including; Voluntary sector organisations, Public health, PCNs, Acute trusts, ICB Executives and CEO, Social Care Providers

Outcomes from October's Communications meeting



We will do a quarterly review of the months ahead to identify key awareness days or months, especially around our priorities



Using the newsletter, we will seek to expand our membership to those within our wider partners and organisations that work in South Bristol



Following ratification on how to share the Annual review video file, we have begun sharing this with partners which is available to view and download on our website.



We will be working with public health to gain insight into the demographics of South Bristol that can help inform our work to ensure Equality, Diversity and Inclusion in our engagement and delivery.