

Appendix One

Area Cluster Feedback, Adults Healthy Lifestyles New Model.

July, 2016.

From April 2017 a new Adults Healthy Lifestyles model will be in operation in Nottingham City, below are the responses from Area Clusters gathered to help inform and shape the specification of the new model.

- **Ensure services are targeted at those who need them, delivering the right services to the right people that are culturally appropriate, are inclusive and bespoke to meet community needs.**

The new behaviour change and weight management service will sit within a newly created pathway, this will allow for citizens to benefit from universally available services, targeted services and higher more intense services for those with more complex needs, allowing citizens to flex between the different interventions to meet their needs through the process of change. The smoking cessation service will require the new provider to deliver a creative and innovative approach to addressing community needs. See appendix two.

- **We need to deliver services in places people feel comfortable going such as community centres and be delivered at time that suit citizens.**

The new services will be required to be accessible out of core office times to meet the needs for those with work and childcare commitments. We will stipulate in the contracts the need for the new provider to deliver services (where financially viable) in community centres and leisure centres.

- **We should consider utilising GP and prescribing services to offer services on prescription and joint working with other agencies to tackle health concerns.**

GPs can already refer into Adults Healthy Lifestyles services and this will continue with the new provider, the new services will be commissioned as part of a pathway with the Clinical Commissioning Group to more intense services and with Sport and Leisure for more universal services. The social prescription pilot in Bulwell, Bulwell Forest and Clifton will continue to prescribe to healthy lifestyles services and if scaled up across the city, this will continue to feature.

- **Communications methods to utilise and make best possible use of digital media, health message should be promoted where people go for example supermarkets. We should consider the role of the workforce as agents of change in promoting health messages and consider getting health messages directly in to citizens and community groups through accessible and inclusive communications about what's available locally.**

A new integrated Health and Social Care directory of services will be available by the end of the year; this will enable easier access to all services available to Nottingham Citizens and help support the workforce in signposting citizens. The new provider will be expected to maximise the use of digital technologies where appropriate.

- **Delivery of preventative services such as Health, and these to be promoted to increase uptake of early intervention opportunities.**

We will be pilot third party health checks as part of the new Adults Healthy Lifestyles model.

- **Services need to be affordable activities and we need to maximise the use of leisure centre access and use of public open spaces – parks.**

NCC Sport and Leisure management are part of the steering group for the development of the new model, and we are working collaboratively to deliver and inform citizens of free activity services in the City. All the targeted and specialist Adults Healthy Lifestyles activities will be free at the point of access.

- **Consider how we can get the `conversation going` about health in the community and look at how we can maximise community capacity in communities to help each other.**

This is a priority action in the Draft Health and Well Being Strategy for Nottingham City (Outcome 4: Nottingham's environment will be sustainable - supporting and enabling its citizens to have good health and wellbeing).ⁱ

- **Statistics on ward level health would help to understand the priorities locally.**

These are available at <https://nottinghaminsight.org.uk/f/114693/Library/Public-Health/Ward-Health-Profiles-2014-2015/>

ⁱ <http://www.nottinghamcity.gov.uk/health-and-social-care/adult-social-care/looking-after-yourself-and-keeping-healthy/health-and-wellbeing-board/>