Appendix C: Bicester Healthy New Town Delivery Plan

The following table identifies an outline plan of activity for November 2016-March 2019. These plans reflect ideas generated by the wider partnership, the HNT delivery team, and local stakeholders (local ideas shown in italics). (Yellow denotes where there is a digital component, green denotes identifies investible propositions for NHS England)

| Item | Deliverable by 31 December 2016 | Deliverable by 31 March 2017 | Deliverable 2017/18/19 | Lead Agencies | Resources | Measures of Success | Transferable Outputs |
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| Built Environment | | | | | | | |
| 1. Going for Green - maximizing the use of Bicester's green and public spaces for healthy living | Produce information on the town's main open spaces to raise awareness and promote their use. Publicize information through Garth Gazette, websites, press releases and local information points Leaflet is currently being printed | Promote use of open spaces for free activity | 1 , , , | CDC Bicester Delivery Team; Working with BTC | Bicester Delivery team (SC) GIS team & graphic design BTC (CJ) Printing costs - HNT budget? | | Lessons on promoting open space and whether this increases use |
| | | | Development of mobile version of mapping of green spaces in the town, building on learnings from project with Grassroots Bicester which received funding from A2D to develop 'Incredible Edible Bicester' ediblebicester.org.uk that maps growing green places for food production in the town. This launched Oct 16 as an on-line tool for the community to access. | A2Dominion, CDC, BTC | Funding and digital expertise to scope apps that might be able to offer this function | Development and testing of an app - assessment of its use | learnings from app development and testing |
| | | | Establish current use of Green Spaces working with local schools, survey as part | CDC Bicester Delivery Team,local secondary schools, Oxford Brookes and Bicester Town Council | CDC Policy Team (SW) Bicester Delivery Team, OBU students and school pupils | Baseline established | |

| Develop movers/new residents information pack encouraging cycling/walking/volunteering Pilot development of information for new residents in Elmsbrook about community/sports activities using Shimmy. | Review how information pack could be applied to other new residents/movers across the town. | A2Dominion | Team (GM), Community | to support community connections and | Lessons learned in terms of creation of an easily maintained digitial resource |
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| | Learning from Elmsbrook on the creation and use and management of the first green space in the new development | A2Dominion | | Learning on how resident engagement through local management structures can impact on use of green spaces | |
| Develop proposals for using small scale landscaping improvements to address air quality problems and increase active travel in targeted areas Bid submitted to NHSE for 17/19 HNT funding | Undertake landscape improvements and measure impact on air quality and active travel | CDC | Bicester Delivery team (DW) | that small landscaping improvements can make | Exemplar of how small improvements to the built environment can promote active travel |
| | Delivery strategy for creating green corridors to support connectivity identified in the LP/master plan for Bicester | | CDC Policy Team Bicester Town Council external support?? | Masterplan strategy | |
| | ~ | Bicester Town Council | Bicester Delivery Team, Landscape architect - funding? | Improved local spaces | |
| Develop plans for community woodland at Byrnehill, seeking funding for trails/active play | | | Bicester Delivery Team (CC) | Plans developed with local community which will maximise active use of new woodland | |
| | Work with environmental change institute to complete tools for green infrastructure in Bicester | | Bicester Delivery team and ECI | | Tools could be shared with other sites |

2. Creating a 'walkable and cycleable community' with a comprehensive walking and cycling network

| Wayfinding scheme – procurement of signage design and public consultation Signage to provide information about walking and cycling distances between key destinations in Bicester. | Signage installation | | CDC Bicester Delivery Team | Bicester Delivery Team (LBH) OCC (BS & WP) | Signs installed and increased walking and cycling | project 'lessons learn't report |
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| | Install cycle hoops in the town centre | | CDC Bicester | CDC, OCC & grant | Increased faciliites to | |
| | | | Delivery Team | funding | encourage cycling | |
| | | Identify, waymark and publicise a new cross town cycle route | CDC Bicester Delivery Team | Bicester Delivery Team (SC) & Monica Mehers, GIS and graphic design support | and increased walking and cycling | lessons on promoting a route and whether it leads to increased use |
| | Agree how use of cycling and walking routes to be monitored | | CDC Bicester Delivery Team / academic partners | tbc/satellite imaging cost? | t.b.c. | |
| | Liaise with running clubs & BTC to | | CDC Bicester | Bicester Delivery Team | run routes clearly | example of a quick |
| | agree simple signage of 'run routes' in the town. Publicize the routes (potential link to couch to 5K?) Bid submitted to NHSE for Q4 16/17 HNT funding | | Delivery Team | (GM), Leisure Services, GIS and graphic design. Signage and promotional material HNT? | visible in the town - data from monitoring their use | win which will create a physical difference to Bicester's built environment and support increase in physical activity |
| | | Increase involvement in annual Bicester Bike Day - | A2Dominion, CDC, OCC | A2Dominion, CDC, OCC, local cycling clubs and retailer | increased participation in Bike Day | |
| | | l ' | A2Dominion with support of expert partners | A2Dominion | Confirm with A2Dominion | |
| | | Implement travel planning initative to promote modal shift to cycling and walking for routine journeys. | CDC and OCC | CDC Bicester Delivery Team, local cycling groups, OCC and developers | | Evidence of the effectiveness of travel planning in prompting and sustaining change in travel habits that increase physical activity |
| | | Work with OCC to improve Buckingham Road for walking and cycling | CDC Bicester Delivery Team/OCC | Capital funding secured | Improvement works planned and completed | |

| 3. Develop planning policies | | | | | | | | |
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| that support the creation of a | | | | | | | | |
| healthy environment | | | | | | | | |

| Training session for planners re: developing healthy environments with public health experts. Involve planners from across Oxfordshire to ensure shared learning and produce training toolkit for use elsewhere. To include session on developing | | | Public Health | | issues and health | Sharing workshop structure and information as tool kit |
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| dementia friendly communities Training session held on 28/11/16 | | | | | | |
| | Agree approach and protocol to enable Public Health, Sport England and Age UK to review and comment and input to development proposals to ensure that they deliver active and inclusive environments to support health and wellbeing | | CDC Bicester Delivery Team | CDC Bicester Delivery Team (CC) Development Management | Local development proposals reviewed to ensure they will support health and wellbeing. | |
| Round table with town planners to establish how to embed principles and policies to support healthy environments. HNT network meeting held on 2/12/16 to identify the key elements required for healthy environments. Local Round Table held with planners, public health and highways on 20/12/16 | Draft policy for LP Part 2 to require healthy environments | | CDC Bicester Delivery Team | CDC Bicester Delivery Team (CC) Development Management Planning Policy | Adopted policy | Share policy and evidence base with other HNT & NHS |
| | | Investigate the development of one check list/advice for developers to use to support them in designing healthy developments (potentially expand existing national guidance) | CDC Bicester Delivery Team | CDC Bicester Delivery Team (JB) OCC (RK) Development Management iBi Consultant support | Revised naitonal guidance - this may be taken forward by NHSE centrally with iBi | |
| | Bid submitted for Sports England funding to promote physical activity in the least active | Identify policy opportunities | CDC | Bicester Delivery Team, Leisure Services Bicester Delivery Team | Successful bid from Sports England funding Adopted policy | |
| | | to make car travel less attractive | | (JB) | | |

| 4. Making Information available | | Identify opportunities for providing information on existing and new community notice boards/info points eg sports center and library including management of information on these | and update information on their notice boards | | Cost of notice boards, regularity of information update and responsibility | communicatesd HNT vision/key messages | |
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| | | | Scope out and resource development of an app 'Bicester 4U' which would include a directory of activity | AHSN and CDC Delivery Team | | Feasibility report | |
| | | | of Bounts exercise incentive scheme | CDC and community groups and leisure centre | Leisure Services? | Increase in use of Bounts scheme | |
| | Agree evaluation approach Evaluation plan produced and presented at NHS England event 16/12/16 | Plan and commence Baseline data collection. Bid submitted to NHSE for 17/19 HNT funding | Develop living lab HNT presence to share learning - organise dissemination event and report data on 6 monthly basis | | | | Evaluation framework and metrics can be used in other HNT sites and the learnings from the evaluation will inform the effectiveness of the overall programme |
| | Link to prevention targets in STP to ensure that the HNT programme is fully aligned and its contribution identified. Prevention targets reflected in strategic objectives. HNT programme referenced in STP. | | Enusre HNT programme is identified in future iterations of the STP | OCCG | RR | Measure impact of whole HNT programme on reducing adult and childhood obesity and increasing levels of physical activity and social inclusion | Lessons learned |
| Community Activation | | Agree how best to assess the commercial benefits of health promoting environments like Elmsbrook to create a case for investment for other developers to build in this way | Metrics to identify the commercial value of health promoting environments to be included as part of data collection for the programme evaluation | | | Agree with A2Dominion | |

5. Building better connected communities with the creation of a network of volunteer community activators

| Local Stakeholders Workshop to secure input into and engagement with HNT programme from local community leaders Workshop held on 6/10/16 - attended by 70 local community leaders - their views and ideas have been reflected in the delivery plan. | | | | COMPLETE | Revised Delivery plan containing local stakeholders' ideas Visual image of local stakeholder's vision of a HNT Video articulating local people's ambitions for the programme | How to Guide' for other HNT sites |
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| Submit bid to Big Lottery for celebrate funding for the programme launch. Bid for £9,794 successful | programme on 13 May to be well advanced and to be focused on promoting the programme in spaces that people already use – including the town centre /schools/workplaces | Official launch of the programme on 13 May to be followed by a series of events and media activity to grow and sustain awareness of the programme and public engagement | CDC | RR, Community Services (NR), Bicester Delivery Team (GM), Parkwood, Voluntary Sector, OXSPA | Effective public launch of the programme Increased public awareness of the programme and engagement with it | |
| Input into pilot of AMI site to support befriending and peer to peer support HNT programme leads participated in a design workshop for AMI web platform on 12/10/16 | Pilot of peer to peer function on AMI site to have started | Complete pilot of AMI web tool and assess its impact | CDC | Ami, CDC community services | Evaluation report of pilot of peer-to peer support site | |
| | promotion of the scheme for Phase 2 funding | Allocation of Spark funds and promotion of the scheme if funding remains and evaluation | CDC | Community Services (NR), HNT and Garden town funding | Increased levels of community activation Voluntary sector engagement with the programme | Share funding guidance and decision grid |
| Participate in Knowing your Communities events, Older People's Day Information Fair (30 Sept) and Health Fair (14 Oct) to engage local community with plans Events attended | | | CDC | RR, Bicester Delivery Team (GM), Community Development Services | Increased awareness of the HNT programme | |

| Develop a plan for voluntary sector engagement with the programme by identifying local networks that the HNT needs to plug into and identify network champions for the programme. Good engagement with voluntary sector at October stakeholder event and subsequently | | | CDC and voluntary sector | CDC Community Services and RR and voluntary sector | Plan for voluntary sector engagement with the HNT programme | |
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| | holding its first network event so that different community groups can | forum events to support | BTC and CDC | BTC and CDC Community Services and voluntary sector | Increased skills base | Lessons learned in developing a community forum for 3rd sector groups |
| | | Set up a network of HNT 'supporters' – making it easy to volunteer and to be recognised – offer PH brief intervention training | BTC and CDC | BTC and CDC Community Services and voluntary sector | 1 ' | Lessons learned on volunteer development |
| Bid submitted for Innovate funding to test new way of digital engagement with local authorities on use of green spaces/leisure facilities Bid unsuccessful - alternative sources of funding being pursued | | | CDC Bicester Delivery Team | CDC Bicester Delivery Team (GM) | COMPLETE - BID SUBMITTED | |
| | Use community networks to understand barriers to inclusion and activity and develop an offer for residents that recognize these – engaging early with 'seldom heard' groups | | CDC and Oxford Brookes and OCCG | RR and Equalities and Access Team, CDC Community Development Team | Engagement events held with seldom heard groups and their views fed into delivery programme | |
| | | Work with fire service to identify socially isolated and vulnerable members of the community and offer signposting support | CDC and Fire Service | RR | Engagement of the fire service in reducing social isolation | |

| | | Create a neighbourhood buddy system – to encourage physical activity | CDC and A2D for Elmsbrook | CDC Community Services and voluntary sector | Neighbourhood buddy system tested Increased levels of physical activity | Lessons learned from the pilot. |
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| | | Build on learnings from Elmsbrook's tenure blind, themed community development strategy aimed at engaging residents in every element of sustainable and healthy lifestyles with a dedicated full time resource | CDC and A2D for Elmsbrook | CDC Community Services and voluntary sector | l' ' | Refined community development strategy |
| | | | CDC and A2D for Elmsbrook | CDC Bicester Delivery Team (CC) and A2D | Facility to reduce social isolation of home workers - | lessons learned as to how home workers prefer to use a community business centre |
| | Work with OXSPA to secure engagement of sports clubs with the town | Hold two 'Open Doors' events - spring and autumn to enable people to try taster sessions at clubs and encourage them to join - link to opening of the Sports Village in September 17/18 and further events in 18/19 | CDC TG, OXSPA, Sports Clubs | CDC and voluntary sector | Participation in 'taster sessions' and increase in club membership | |
| | Engagement offer developed for schools/nurseries/colleges to engage with the programme Ensure the needs of 'special schools' are included | Work with individual schools to ensure ongoing engagement with the programme | CDC | RR | All schools provide a senior leadership lead to link with the programme | |
| Attend North Oxon Schools Sports Partnership Council to seek support. Attended event on 24/11/17 | Build on existing mentoring roles between secondary and primary schools | | CDC | RR | Sharing of existing good practice | |

6. Activation of schools, nurseries and colleges, and families to get young people active and increase their physical and mental wellbeing

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| Engage directly with young people to identify what would make a difference to them in encouraging them to get active, eat healthily and to feel socially included Focus group held with teenagers and more planned via School Councils | and of parents | | CDC and OYAP | RR Local schools, sixth forms and colleges | Engagement events with Bicester children and young people - their views feed into delivery plan | |
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| | Develop proposal for pilot to test approach to parental engagement in physical activity and healthy eatingn in a couple of primary schools Bid submitted to NHSE for 17/19 HNT funding | | CDC | Gill | funding for testing Impact approach to engage parents with health behaviour change | Innovative method of parental engagement with behavioural change tested - successful model could be rolled out to other primary schools |
| | Round table of school reps held to share areas of good practice (within and outside Bicester) and to confirm plans for school engagement with the programme (including school governors) | Sustain engagement of schools and of parents with the programme | CDC | Gill | | Case studies of good practice |
| | Round table of nursery and preschool providers to confirm plans for their engagement with the programme | Sustain engagement of nurseries and of parents with the programme | CDC | Gill | All pre-schools and nurseries to sign up to be healthy early years providers | Case studies of good practice |
| | Identify good practice in schools in Bicester and work through local schools fora to share it | Encourage schools to enter awards schemes to ensure that good practice is recognised and ideas spread | | Gill | Entries made to Healthy Schools award schemes | |
| | Plan holiday club 'offer' to reflect the HNT programme objectives and encourage its uptake in more disadvantaged communities | Increase engagement in holiday clubs that promote physical activity | CDC | CDC Leisure Service | Increase physical activity and healthy eating support in holiday clubs Evaluate its impact | |

| | | Pilot Full Circle programme of intergenerational support in schools Secure secondary school support for OYAP Art for Health Project — commence planning of pilot | project to encourage inter- generational support in schools - assess impact and roll out to other schools in Bicester if effective | , , | RR, HNT funding | least 1 primary school and impact evaluated in terms of reduced social isolation and improved behaviour at least 1 school participates in art for health project - evaluation report on impact on children's | Case study of intergenerational support |
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| 7. Activation of workplaces to promote health and wellbeing at work | Information provided to inform presentation to Bicester Vision members (major local businesses) on 8/12/16 Agree plan for environmental health | Offer developed for exemplar Wellbeing@Work scheme to encourage workplaces/local employers to engage with the programme. Launch offer to local businesses at Bicester business breakfast club Bid submitted to NHSE for 17/19 HNT funding Discussions held with local retailers recoffering healthy food ontions | test new scheme Local retailers to have | OXSPA, Bicester Vision and Chamber of Commerce, CDC | Environmental health | businesses with clear measures of impact and benefit Increase chouce and | Exemplar Wellbeing@Work scheme tested with clear evidence of impact that can be used in other workplaces |
| | team to engage with restaurants and food outlets to increase uptake of healthy food schemes – identify scope to offer accreditation. Agreed to seek engagement with Eat Out Eat Well award scheme | re: offering healthy food options | Encourage local employers to spread good practice by entering relevant categories in Oxfordshire Business Awards. Hold meeting of Oxfordshire's Healthy Workplace Network in Bicester to showcase local employer engagement | | Bicester Vision, CDC Julia Araton Bicester Chamber of Commerce, OXSPA | Bicester employers enter for Healthy Workplace awards | |

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| | | Agree with public sector agencies which will sign up to be an exemplar in development of its workforce wellbeing scheme | Promote partners' participation in and achievement of Workforce Wellbeing Charter status Promote sign-up of cafes to | CDC/OHFT/OCCG/O UHFT | | Public sector partner support for HNT principles is reflected in their public commitment to achieving Workforce Wellbeing Charter status Bicester cafes offer | Share learnings Report on impact of |
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| | | | Coffee conversation scheme | | | coffee chat hours | scheme on social isolaiton and increased footfall |
| New Models of Care: Creating care closer to home | | | | | | | |
| 8. Creating a 'primary care home' with integrated community health and social care supporting GP clusters to care for people with most complex care needs | Community services, primary care and social care to form local leadership group to promote integrated care Locality Group established and meeting monthly since September 2016 with a detailed action plan to promote integration | | skills sharing/shadowing to increase collaboration across | Commissioning Group | RR | • | Integrated model of training which could be replicated elswhere |
| | | | Develop pilot to test use of a 'care bank' to support complex patients at high risk of admission over the weekend | Commissioning | | Pilot of 'care bank' to enable complex patients to stay at home over the weekend even when their care needs increase | |
| | | Develop programme to increase identification and support for carers | increase support to carers (including young carers) | OCCG/Age UK/Carers Oxfordshire/volunta ry sector, CDC Health & Wellbeing Officer | | Increased number of carers identified | |

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| | | | Oxfordshire Clinical | | Part of public | |
| | | primary care and community | | | consultation identified | |
| | | | Group (OCCG) | | in STP | |
| | | integrated and the potential | | | | |
| | | future role of Bicester | | | | |
| | | community hospital to be | | | | |
| | | out for public engagement. | | | | |
| | | Support for developing a | | | | |
| | | MCP model scoped and | | | | |
| | | taken forward. | | | | |
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| | | ,, | Oxfordshire Clinical | | Evaluation of new | |
| | | | Commissioning | | ways of working - | |
| | | new ways of working to | Group (OCCG | | including ability to | |
| | | promote more coordinated | | | read and write into | |
| | | care, including access to | | | common record | |
| | | common reporting tool | | | | |
| | | | | | | |
| | Develop digital 'offer' and strategy | Develop infrastructure to | | | | |
| | for Bicester which links into county | support new models of care | | | | |
| | wide digital roadmap and STP digital | Identify opportunities to | | | | |
| | strategy and agreed set of design | increase digital inclusion | | | | |
| | principles | mercuse digital melusion | | | | |
| | | | | | | |
| | Develop model of social prescribing | Test vSPA model of social | Oxfordshire Clinical | | Social prescribing | Demedicalised |
| | for Bicester which involves | prescribing and evaluate its | Commissioning | | model in place and | approach to social |
| | establishment of a Single Point of | ** | Group (OCCG), CDC | | evaluated - if effective | prescribing tested |
| | Access to voluntary groups in | | Community | | roll out to other parts | and its impact on |
| | Bicester | | Development Team | | of Oxfordshire | reduced demand for |
| | | | | | | health and care |
| | Bid submitted to NHSE for 17/19 | | | | | services known - |
| | HNT funding | | | | | model available for |
| | | | | | | use elsewhere |
| | Scope opportunities for testing | Undertake pilot to test new | RR, Henley Business | Funding support | Pilot evaluation on | Learnings from piot |
| | proactive use of tele care | · | School, OCCG | . aa oakkoi c | effectiveness of tele | 20311111go Ironi piot |
| | prodetive use of tele care | use of tereare | School, Occo | | care used proactively | |
| 9. Delivery of new care | Undertake spatial mapping of the | Implement diabetes pilot of | Oxfordshire Clinical | | Revised diabetes | Model of how to use |
| pathways for long term | diabetes population in Bicester to | new pathway for managing | Commissioning | | pathway | technology for |
| conditions which minimise | better understand local needs and so | | Group (OCCG | | More people with | remote access to |
| hospital based outpatient care | that resources can be more carefully | | J. 04P (0000 | | diabetes being treated | |
| (focusing first on diabetes) | targeted. | and embed in contracts – | | | locally - fewer | through virtual |
| 1. Jeasing mot on diabetes, | to Beteur | expand to other Long term | | | journeys to Oxford | clinics - reducing |
| | Bid submitted to NHSE for Q4 16/17 | | | | Teleconsulting | demand for hospital |
| | HNT funding | Conditions | | | established (C2C and | based care |
| | The fulluling | | | | | baseu care |
| | | | | | P2C) | |
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| Support bid for funding to increase | Agree how increased access to | If funding secured test out | occg | Funding from national | Model of how to | Learnings to share |
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| online access to structured diabetes education | diabetes education could be rolled out in Bicester | use of structured education in Bicester population to | | scheme | effectively deliver and promote good uptake | with other localities |
| caacation | out in Dicester | inform county wide roll out | | | of structured online | structured education |
| Bid was submitted | | of online resources | | | diabetes education | in the county and also nationally |
| - | Scope opportunities for innovation in encouraging access to pre-diabetes programme, particularly online support | Commence programme to address pre-diabetes in Bicester population | OCCG/Satellite catapult | Flexibility in access routes to pre-diabetes services and online support | to prompt behaviour change and increase personal motivation | Exemplar of how to increase use of digital structured education to increase self-care of long term conditions |
| | | Establish GP referral process for patients whose housing is having an acute impact on their health and use of health care. Identify patients with frequent emergency attendances/admissions to hospital due to respiratory problems/COPD and refer to housing retrofit scheme to reduce impact of poor housing on health Bid submitted to NHSE for 17/19 HNT funding | Practices, CDC | Funding for retrofitting properties | attendances/admissions from people with | Model of how improvements to the built environment can reduce demand for health services |
| Round table held with older residents to identify how digital innovation can support their health needs and promote wellbeing Round table held with Age UK on 2911/16 - findings have fed into digital strategy | | | Age UK, A2D,AHSN | RR | Digital strategy reflects older people's needs | |
| | | Hackathon held with local digital innovators to identify opportunities for meeting these needs | AHSN and academic partners | | Pilots of digital innovations undertaken and evaluated | |

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| | Scope potential for Shimmy to test digital support to promote health and wellbeing Scoping meeting held on 17/11/16 | Develop health part of Shimmy with residents input | Complete development of health part of Shimmy and evaluate use of health section in promoting self care | A2Dominion, OCCG, RR | Shimmy developers time | information can support healthier behaviours | Learnings from Shimmy development and resident's use of health information. Increased understanding of how digital can support self care |
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| 10. Planning to meet future care needs through the provision of primary and community care from health campuses | Draft Planning Obligations SPD to be updated with primary care estates requirements to meet population growth, identifying potential sites for 2 health campuses to serve the town. Information submitted to SPD consultation | | | | Bicester Delivery Team (CC) Policy Team, GP & CCG | Updated SPD to reflect 'health campus' future model of primary care | |
| | Case for contribution to health infrastructure to be updated for use by planners Paper drafted - awaiting OCCG approval | | | ccg | | Business case for developers to suport investment in health infrastructure | |
| | | Scope opportunities to undertake predictive modelling to assess likely future demand of increasing population Bid submitted with Darlington HNT to NHSE for Q4 16/17 HNT funding | Undertake predictive modelling to identify future demand for primary care and build into workforce plans and STP plans | CCG | Resources to undertake modelling work | growth scenarios generated | Modelling approach that can be used in the rest of Oxfordshire and other health and care systems |