

Bicester Strategic Delivery Board

Date of meeting: 19 July 2018	AGENDA ITEM NO: 5
Report title: Task & Finish Group: Bicester Healthy New Town Programme	
Author: Rosie Rowe, Bicester Healthy New Town Programme Director Tel: 01295 221929 Email: rosie.rowe@cherwell-dc.gov.uk	

1. Purpose of report

- 1.1 To provide the Bicester Strategic Delivery Board (SDB) with a progress report on the task and finish group related to Bicester's Healthy New Town (HNT) Programme.

Update on Activity April- July 2018

2. Projects initiated

A number of projects have been delivered in this period:

2.1 Built environment

- A travel planner has been recruited and has started working to promote active travel in the town.
- Work has commenced on an urban health project to test use of satellite data on air quality to increase awareness of the benefits of active travel.
- A 1.5 k 'Discovery Walk' in Bicester town centre was launched on 5 July to encourage people who work and live in the town to have a brisk walk at lunchtime. The walk route is designed to take people to retail areas of the town with lower footfall as well as to show them historic areas of interest. The Walk is being tested over the summer with businesses taking part in a 'walking challenge'.

2.2. Community Activation

- Inter-generational projects have started involving Klingsmeadow school and Wyndham Hall primary school and the Forget-me-Nots group with Acorns toddler group.
- Mental Health First Aid training has been provided to representatives from Bicester employers and this support is now being promoted in their respective firms.
- Planning is progressing for a Business to Business event on 6 September with Bicester Vision and 2B's Management Consultancy.
- All local primary schools received SATS relax sessions and took part in Walk to School week in May. The programme is working with three primary schools to achieve the Food for Life standards. The Family Fun programme is being run at

St Edburgs school to encourage families to engage in a range of activities that promote health and wellbeing.

- St Edburg's and Fritwell Primary School are both re-running the Active Maths pilot. Roy Broadfield from Impact Learning is conducting an evaluation with both schools on 10th July
- Two facilitators have been trained in providing the HENRY course which offers parenting skills for parents with children under 5 and courses are now running offering this support in Bicester.
- Sessions to increase cooking skills using cheap, healthy food have been organized with the Food Bank and held at J Nicholls.
- The programme has had information stands at the Big Lunch, Bicester Carnival and the NHS 70th Birthday.

2.3 New Models of Care

- Oxfordshire Clinical Commissioning Group (OCCG) is undertaking an option appraisal on potential sites for a health and wellbeing centre which will increase capacity to provide primary care to the growing population.
- The social prescribing scheme now being developed by Citizens Advice North Oxfordshire and West Oxfordshire, CDC and OCCG for all of Cherwell and West Oxfordshire has been successful in securing national funding for its first two years. 'Pathway' practices who are willing to test the new service across the District have been identified and include Bicester Health Centre.
- An information evening for patients with diabetes was held with Montgomery House Surgery, CDC Health Walks programme, Bicester Leisure Centre, OXSPA (which provides motivational coaching to support people into activity), and Achieve Oxfordshire's weight management service. 56 people attended and 28% signed up to access one of these services.

3. Sharing the Learnings from Bicester

- 3.1 The programme has been asked to present at a number of conferences and meetings to start sharing the learning from the programme, as outlined in the following table:

Date	Event	Organiser
31 January	Thames Valley Clinical Senate: population health and prevention	NHS Thames Valley
28 February	Population Health Conference	NHS Thames Valley
24 April	Oxfordshire County wide learning event on Healthy Place making	Bicester and Barton HNTs
27 April	Buckinghamshire learning event on Healthy place making	Bicester HNT
June	CDC and SNC Staff Briefings Healthy Place making	CDC/SNC
5 June	Housing and Healthy New Towns	Westminster Health Forum
14 June	Update for OCCG staff briefing	OCCG
14 June	Healthy Place making: sharing the learning	Wokingham Health

		& Wellbeing Board
15 June	Community Partnership Network: Healthy Place making	CDC

3.2 An Oxfordshire wide event was held on 24 April to share learning to date from the Bicester and Barton Healthy New Towns. 52 decision makers attended from Oxfordshire's district and County Councils with a responsibility for health and wellbeing, planning, growth, and community development, as well as senior managers and locality clinical leads from Oxfordshire Clinical Commissioning Group (OCCG). At the meeting there was consensus that the healthy place making approach needs to be scaled across the county, and the following actions were agreed:

- A discussion and agreement at the next Oxfordshire chief execs meeting as to how to take this forward and what resource should be allocated to support scaling healthy place making across Oxfordshire
- Health as a standing agenda item on the Growth Board so that healthy place making can be hardwired into development
- Inclusion of health considerations in the spatial plan
- Discuss change in the OCCG locality meetings so that they engage a wider group of stakeholders
- Integration of healthy place making into OCCG's prevention strategy
- Within each district executive level agreement on how they wish to take healthy place making forward.
- Embedding reporting on progress with this in the work of the Health & Wellbeing Board

3.3 A similar event was organised for key decision makers from Buckinghamshire County and District councils and health and care commissioners and providers. Please see Appendix A for feedback from Buckinghamshire colleagues.

4. Delivery Plan and Key Actions for July-September 2018

4.1 The following key actions are planned for the next quarter:

4.2 Built Environment

- Commence project to use landscaping improvements to address air quality
- Install two sets of outdoor gym equipment (one at Garth Park and one at Keble Road park)
- Repaint the 5K Health Routes with thermoplastic paint which will be more hard wearing and digitize the routes so that walkers/runners can record their use via their phone

4.3 Community Activation

- Launch of under 5s exercise pack for pre-schools and nurseries with training workshop for nursery staff.
- Provide three further HENRY programmes to address demand for building parenting skills and confidence
- Business 2 Business Business Health Check event to be held on 6 September.

- Continue engagement with local businesses and support implementation of their wellbeing at work schemes
- Planning to commence for Health Tec in a box session booked for 11th October involving all 3 secondary schools. Health Tec is provided by Health Education England as a session to encourage children to consider careers in health and care. Usually this focuses on careers in hospital but we will be working with local GPs and social care to identify careers in community services.
- Attend the following events:
 - Bicester's Bike Day - 13 July
 - Bicester East Fun Day – 22 July
 - Teddy Bear's Picnic – 1 August
 - Old School Replay – 28 August

4.4 New Models of Care

- Learning event planned for 12 July to learn about providing more coordinated care for patients with complex needs from colleagues in Farnham who have pioneered a neighbourhood approach. To be attended by primary care, community health and social care, and voluntary organisations.
- Plan awareness raising campaign in secondary schools from September of new single point of access to mental health services for teenagers to help support their needs and to offer advice to parents.
- Hold round table meeting with representatives from primary schools, voluntary sector, and mental health providers to agree how best to address mental health needs of under 12s and promote their resilience.

5. Development of the Programme

- 5.1 A meeting with the Healthy New Town partners is scheduled for 19 July to discuss future development of the programme, given that NHS England funding is due to finish on 31 March 2019.

6. Conclusion

- 6.1 The Strategic Delivery Board is asked to note the progress the programme is making in terms of delivery.

Appendix A

Director of Prevention & Public Health
Jane O'Grady

Buckinghamshire County Council
County Hall, Walton Street
Aylesbury, Buckinghamshire HP20 1UA

Telephone 0845 3708090
www.buckscc.gov.uk

1st May 2018

Dear Rosie and the Healthy New Town team,

Thank you for hosting the Public Health Learning Event on Friday 27th April. It was fantastic to hear about the work that has been undertaken in Bicester and the journey that you are taking towards supporting residents in living healthier lives. It was inspiring to hear about what can be achieved and testament to that fact is the level of discussion that was stimulated on the day.

It is often easy to talk about what is already being done and what can be done. However, seeing the outcome of this first hand in the venue and by walking around Elmsbrook really brought the day together. We will look at how we can take forward the learning from the day and apply this locally in Buckinghamshire.

We are presented with a fantastic opportunity locally, with significant growth across the county, Aylesbury Garden Town and being one of the ten NHS England Integrated Care Systems. Therefore, it was an opportune moment to hear about the work in Bicester. We would be very interested in hearing about further progress in Bicester over the coming years.

Warmest regards,

Dr. Jane O'Grady
Director of Prevention & Public Health
Communities, Health & Adult Social Care

Tel: 0118 974 6319 (Direct Line)
Email: madeleine.shopland@wokingham.gov.uk
Date: 22 June 2018



Governance
Shute End, Wokingham
Berkshire RG40 1WJ

Rosie Rowe, Programme Director Bicester Healthy New Town Programme

Dear Rosie,

WOKINGHAM HEALTH AND WELLBEING BOARD

I am writing to thank you for your excellent presentation regarding the Bicester Healthy New Town Programme at the Wokingham Health and Wellbeing Board meeting on 14 June.

The Wokingham Health and Wellbeing Board were thoroughly impressed with your presentation and the positive impact and improvements the programme has made in the local community.

We wish you continued success with the Bicester Healthy New Town Programme.

Once again many thanks for taking time out to provide us with your excellent and informative presentation.

Yours sincerely

Councillor Richard Dolinski
Chairman, Wokingham Health and Wellbeing Board