



NEW MODELS OF CARE IN PRACTICE

INTEGRATED PRIMARY AND ACUTE CARE SYSTEMS VANGUARD

BETTER CARE TOGETHER (MORECAMBE BAY)

Better Care Together (Morecambe Bay) has put listening to its local community and supporting their wellbeing at the heart of its vanguard work. Self-care and prevention are vital to helping people to avoid hospital admissions and live longer, happier lives.

The partnership between social care, health services and the voluntary sector is working with the local community to make positive changes that can help them to stay healthy and avoid illness in the future. The vanguard understands that listening to local people and understanding what is important to them, rather than imposing goals on people, is the key to finding new ways to help them to be in charge of their own health and to look after themselves better.

Using a whole population health approach, patients, carers and the wider community have worked together to identify solutions to community-wide issues recognising that being healthy is much more complex than just physical health alone but also includes mental, social and systemic health.

As part of this work the vanguard has introduced health champions, community connectors and health trainers who are making significant contributions to promoting health and wellbeing in their local communities.

The vanguard is also working closely with schools. One project which is having an impact is Let's Get Moving and involves getting local school children in Carnforth to take regular exercise. Some 1,500 children are now running a mile a day or taking part in an alternative form of exercise every day, and this is being rolled out in other areas, e.g. Morecambe.

These children are reaping the mental and physical benefits of regular exercise and learning at a young age how to take control of their own health and stay healthy. Since the initiative began last year children, parents and teachers are reporting improvements to sleep, concentration levels at school and behaviour in the classroom.

The children are also getting fitter, with more able to run the whole mile instead of walking and running. There has also been feedback that teacher wellbeing has also improved in the participating schools.

Working with the wider Lancashire sustainability and transformation partnership (STP) the success of this initiative means it is now likely to spread to other areas within the region.

The vanguard's work with schools has also included developing a play all about 'big sick and little sick' to help children understand the type of illness which requires a hospital visit and the type which you can manage at home. The play has been seen by over 1,000 local school children in town and rural locations, and feedback suggests that those who saw it were engaged with the subject and went on to have further discussions about self-care and appropriate places to get care.

Further information: To learn more about the work of the vanguards and the new care models programme visit www.england.nhs.uk/vanguards or join the conversation on Twitter using [#futureNHS](https://twitter.com/futureNHS)