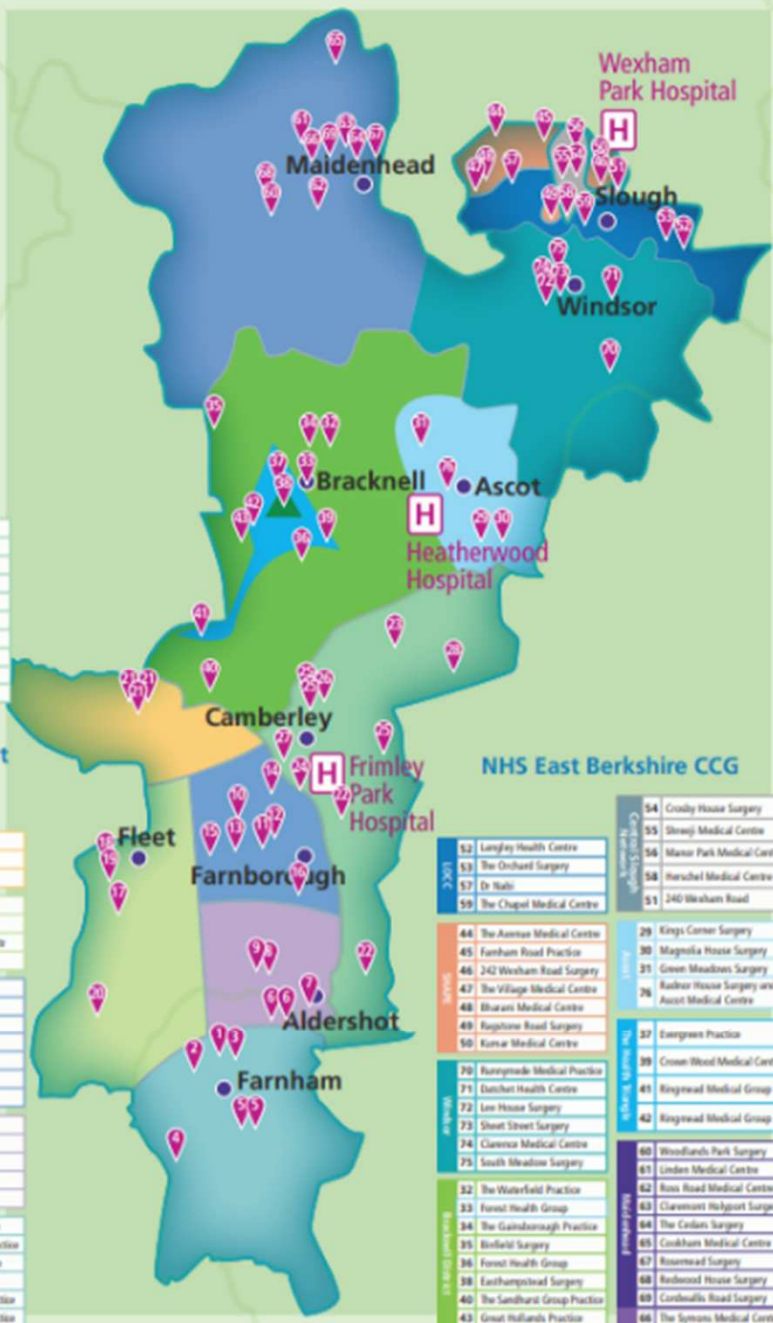




Health and Wellbeing in Bracknell Forest



Working together to deliver excellent and sustainable healthcare



NHS Surrey Heath CCG

- 22 Barbelt Group Practice
- 22 Barbelt Group Practice
- 23 Park House Surgery
- 24 Station Road Surgery
- 25 Park Road Group-Practice
- 25 Park Road Group-Practice
- 25 Park Road Group-Practice
- 26 Upper Gordon Road
- 27 Camberley Health Centre
- 28 Lightwater Surgery

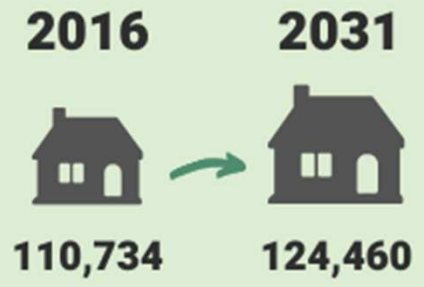
NHS North East Hampshire & Farnham CCG

- 21 The Oakley Health Group
- 21 The Oakley Health Group
- 21 The Oakley Health Group
- 17 Richmond Surgery
- 18 Fleet Medical Centre
- 19 Bramptonwood H/Care Ctr
- 20 Crossall New Surgery
- 10 Giffard Drive Surgery
- 11 Voyager Family Health
- 12 Alexander House Surgery
- 13 Jenner House Surgery
- 14 Mayfield Medical Centre
- 15 Voyager Family Health
- 16 North Camp Surgery
- 6 The Cambridge Practice
- 6 The Cambridge Practice
- 7 The Border Practice
- 8 Pilgrims Gardens Surgery
- 9 The Wellington Practice
- 1 The Fenno Medical Practice
- 2 Chokinging Street Group-Practice
- 3 River Way Medical Practice
- 4 Holly Tree Surgery
- 5 Farnham Dene Medical Practice
- 5 Farnham Dene Medical Practice

NHS East Berkshire CCG

- 52 Langley Health Centre
- 53 The Orchard Surgery
- 57 Dr Natio
- 59 The Chapel Medical Centre
- 44 The Avenue Medical Centre
- 45 Farnham Road Practice
- 46 242 Wexham Road Surgery
- 47 The Village Medical Centre
- 48 Bhamon Medical Centre
- 49 Rapstone Road Surgery
- 50 Kemeur Medical Centre
- 70 Poreyns Medical Practice
- 71 Dutchess Health Centre
- 72 Lee House Surgery
- 73 Short Street Surgery
- 74 Cleaves Medical Centre
- 75 South Meadow Surgery
- 32 The Waterfield Practice
- 33 Forest Health Group
- 34 The Gainsborough Practice
- 35 Binfield Surgery
- 36 Forest Health Group
- 38 Easthampstead Surgery
- 40 The Sandhurst Group Practice
- 43 Great Hollands Practice
- 54 Crossley House Surgery
- 55 Slough Medical Centre
- 56 Manor Park Medical Centre
- 58 Hursley Medical Centre
- 51 240 Wexham Road
- 29 Kings Corner Surgery
- 30 Magnolia House Surgery
- 31 Green Meadows Surgery
- 76 Ralston House Surgery and Ascot Medical Centre
- 37 Evergreen Practice
- 39 Crown Wood Medical Centre
- 41 Ringwood Medical Group
- 42 Ringwood Medical Group
- 60 Woodlands Park Surgery
- 61 Linden Medical Centre
- 62 Bass Road Medical Centre
- 63 Clarendon Highway Surgery
- 64 The Cedars Surgery
- 65 Cobham Medical Centre
- 67 Brimsford Surgery
- 68 Redwood House Surgery
- 69 Cobwell Road Surgery
- 66 The Systems Medical Centre

Projected growth in Bracknell resident population



Projected growth by age bracket

0-64	5.5%
65-84	53.4%
85+	78.3%

Areas projected to have new housing developments, and expected number of dwellings

- **Binfield with Warfield**
4,177
- **Wildridings and Central**
1,909
- **Winkfield and Cranbourne**
1,735
- **Priestwood and Garth**
758
- **Great Hollands South**
570
- **Bullbrook**
346
- **Little Sandhurst and Wellington**
364
- **Crowthorne**
1,415
- **Harmans Water**
69
- **Great Hollands North**
69



Bracknell Forest

Our population on a page

Demographics



49.7% 50.3%

0-64

65-84

85+



86.5%

11.8%

1.7%

(2016)

Deprivation



Among the least deprived districts/authorities in England

Employment

Statutory homelessness



84.5%

0.2 per 1,000

Adult Lifestyle

Smokers



10.9%

Alcohol-related harm hospital admissions per year



513

Physically active adults



73.9%

62.5% Adults classed as overweight or obese



Life Expectancy

BF average

Most deprived areas compared to least deprived



81.7

84.5



7.4 yrs lower

2.6 yrs lower

Illness and injury rates

*rate per 100,000

Road deaths/injuries

New STIs

Under-75 mortality from CVD

New TB cases

Violent crime



27.3*

543.4

55.6*

4.1*

31.2*

Health Checks



Proportion of eligible population aged 40-74 invited for an NHS health check

82.1%

Proportion of eligible population aged 40-74 having an NHS health check



40.4%

Children and young people



Annual alcohol-specific hospital admissions among under-18s

7



Children living in low income families

9.1%



Estimated prevalence of mental health disorders in children and young people (5-16 years)

8.3%



Teenage pregnancy rate

9 per 1,000



What's important to us

Partnership, Prevention and Self-Care

- **Putting patients and residents first;** ensuring our plans fit with their needs; not patients fitting our plans
- **Inclusion, joint working and co-design;** together with our patients, partners and member practices
- **Improving the wellbeing of local people now and in the future;** through self-care and empowering our population



Health and Wellbeing in Bracknell Forest

- As a member of the Health and Wellbeing alliance for Bracknell Forest we are committed to working with colleagues across health, the Council, Public Health and the voluntary sector to deliver the agreed priorities within our Health and Wellbeing Strategy – promoting Health lifestyles and Wellbeing
- The CCG as a partner along with BFBC within the Frimley ICS which is also committed to the delivery of the ambition of Starting Well and Living well priorities for health improvement amongst local residents
- The CCG has led and contributed to a series of activities which directly support healthy eating and exercise within the Borough.
- We have a duty to address health inequalities and through our activities we will continue to promote healthy lifestyles, addressing rising obesity rates which are a direct contributor to multiple health issues such as cancer, heart disease and diabetes



Some examples of projects delivered locally in support of our shared priorities :

- Health checks commissioning by Public Health
- Self care week – toolkit launched on the CCG website for local residents
- Social Prescribing, Active signposting, Care navigation and Making Every Contact Count – link working
- GP led educational sessions delivered to year 4 pupils about healthy living and how to access health services
- Pre-Diabetes Locally commissioned services within practices - patients referred to structured education. Diabetes: 800 Calorie diet – National Pilot wide.
- Healthmakers
- Health Walks – South Hill Park
- Regular Health Campaigns through General Practice text messaging service

Self Care Week in Bracknell Forest

18-24 November 2019

Think Self Care For Life !

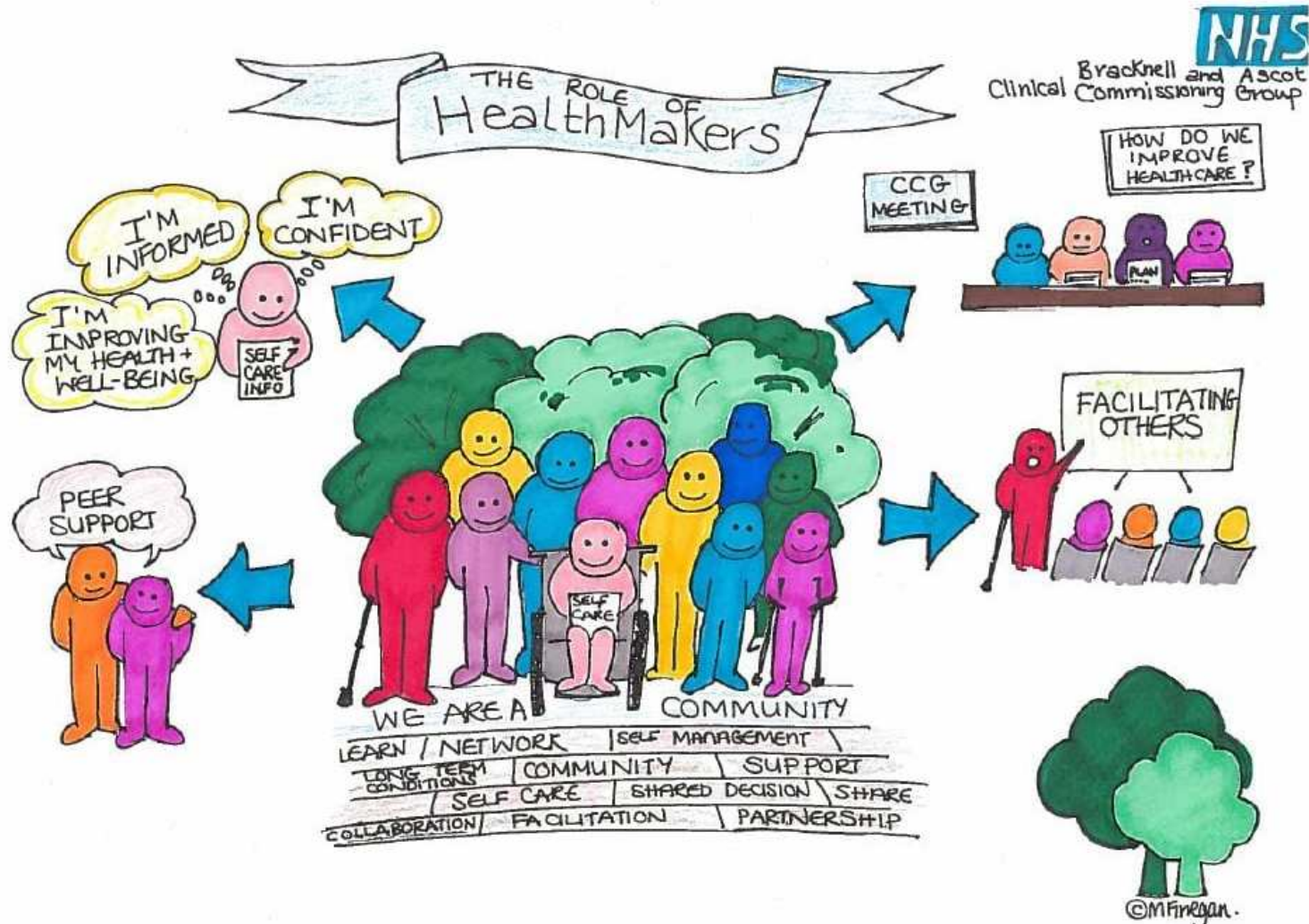
Empowering individuals to self care has many benefits for both short-term and long-term health, especially as people are living longer.

Self Care Toolkit launched focusing on areas:

- Blood Pressure
- Hydration
- Flu vaccination
- Self-Management Courses
- Mental Health and Loneliness



<https://www.eastberkshireccg.nhs.uk/your-health/self-care-week-2019/>



Working together to deliver excellent and sustainable healthcare



HealthMakers

- Across East Berkshire, self-management courses are provided free on the NHS by HealthMakers for people with long-term health conditions.
- The six week courses offer a chance to explore a variety of proven skills and techniques that can help improve ability to live better with long term conditions and improve quality of life.
- They provide an opportunity to discuss the issues with peers who can support you in your learning and who understand the challenges you face. All courses take place in a safe environment with fully trained facilitators.
- HealthMakers also hold regular free 'Pop In Cafes' across East Berkshire to provide peer support
- For details of upcoming course dates, visit www.berkshirehealthcare.nhs.uk/HealthMakers



Social prescribing in Primary Care

Social prescriber in place for each PCN (Based in General Practice) - Links with other locally commissioned Social prescribing, Navigators, Link workers scheme

Role of Social Prescriber in PCN Network Directed Enhanced Service

- Assess how far a patient's health and wellbeing needs can be met by services and other opportunities available in the community;
- Co-produce a simple personalised care and support plan to address the patient's health and wellbeing needs by introducing or reconnecting people to community groups and statutory services;
- Evaluate how far the actions in the care and support plan are meeting the individual's health and wellbeing needs provide personalised support to individuals, their families and carers to take control of their health and wellbeing, live independently and improve their health outcomes;
- Develop trusting relationships by giving people time and focus on 'what matters to them'; and take a holistic approach, based on the person's priorities, and the wider determinants of health.
- Including considering if the person's needs are met (for example, reasonable adjustments, interpreter etc).
- Role in educating PCN staff (clinical and non-clinical) on services available in the community and how and when patients can access them.

The outcomes of social prescribing cover the following three key areas:

1. Impact on the person (i.e. The person feels more in control and able to manage their own health and wellbeing, is more physically active)
2. Impact on community groups (National survey to test whether community groups and VCSE organisations are more resilient as a result of their involvement in social prescribing at a local level)
3. Impact on the health and care system (Evidence to demonstrate impact, i.e. reduced face to face appts with GPs, reduced A&E attendance)

Working together to deliver excellent and sustainable healthcare



Public Engagement

PATIENT ASSEMBLY:

- Bracknell Forest has a very strong Patient Assembly represented by Patient Group members from GP practices across the area, CCG staff and other healthcare professionals
- Members meet four times a year to discuss health matters that are of interest and importance to Bracknell residents/patients.
- The CCG produces a monthly Patient Group bulletin which is shared with all Patient Groups lead representatives across Slough; WAM; and Bracknell and Ascot focusing on health news and updates of interest and importance to local communities across East Berkshire.

Example*:

<https://www.eastberkshireccg.nhs.uk/wp-content/uploads/2019/12/PG-bulletin-Bumper-Edition.pdf>

(*Information on healthcare and advice over Christmas and New Year 2019;self care activities including text messages sent to patients with a link to the self care toolkit launched; Feeling unwell winter campaign; life-changing diabetes monitors and cervical cancer prevention week Jan 2020)