

## Stakeholder network event 22 September 2015

### 'We're in it together'

The event was hosted by Councillor Joyce Bosnjak at the John Fretwell Sporting Complex near Warsop. Around 80 people attended from a range of organisations including health services, local government, the Local Pharmaceutical Committee, local community voluntary services, a wide range of voluntary and community organisations and Healthwatch Nottinghamshire.

The title of the event was 'We're in it together' and it aimed to get a better understanding of the role of the Health & Wellbeing Board and ways that community and voluntary organisations can engage with the Board, to help improve communication between the sector and the Board and to share good practice.

The event was opened by Councillor Bosnjak who welcomed everyone & introduced members of the Health & Wellbeing Board in attendance - Councillor Jim Aspinall, Councillor Martin Suthers & Joe Pidgeon.

Cathy Quinn then gave an overview of the Boards work over the last year, including the feedback from the Peer Challenge. She also outlined the Boards plans to focus on six partnership actions over the next 12 months, how the Boards supporting structures would change and planned improvements to communications and engagement including stakeholder network events and Board workshops.

Kristina McCormick then described how the Joint Strategic Needs Assessment (JSNA) had developed and could be accessed. She also explained how the JSNA makes a difference to health and wellbeing in Nottinghamshire with examples of how the JSNA had been used to influence commissioners, for example the employment of compass workers in local community mental health teams and also in the support for carers.



Kristina also outlined her thoughts on how the voluntary sector could get more involved in the JSNA to broaden and strengthen the evidence from local communities around health and wellbeing needs. The JSNA is currently published on [Nottinghamshire Insight](#). Kristina outlined further planned improvements to the site to support voluntary organisations in funding bids or other applications. This would be coordinated through the Nottinghamshire Together Voluntary Sector Consortium.



They described the need for the change in the way that public services work with the voluntary & community sector & how the County Council were working with organisations through the Nottinghamshire Together Consortium. The aim of this work was to ensure that services were available to support the local communities, to build capacity & to enable the voluntary sector to be more proactive & responsive to opportunities & change.

Further work is underway to refresh the compact with the voluntary sector, including the JSNA, to maintain & develop communication with & around the sector & to further develop the Nottinghamshire Together Partnership.

Councillor Bosnjak then invited delegates to take part in 'speed dating' table discussions to hear about partnership projects from around Nottinghamshire. The tables were hosted by:

#### **Social Prescribing Project (Bassetlaw)**

Julie Barnes: [socialprescribingmanager@bcvs.org.uk](mailto:socialprescribingmanager@bcvs.org.uk)

The Social Prescribing Service links people to time limited activities in the community that promote independence and wellbeing. It is about connecting people to non-medical sources of support.

The service accepts referrals from voluntary, community & statutory/service organisations & covers all patients registered with a Bassetlaw GP.

#### **Each Amazing Breath CIC**

Helen Whitney: [Helenwhitney100@gmail.com](mailto:Helenwhitney100@gmail.com)

'Take Five' is a safe, universal, resilience and capacity building skill set focussed on breathing, grounding and awareness.

Take Five practices increase self-awareness, self-belief, self-confidence, self-esteem and self-efficacy and it means young people and adults develop insight, are more resilient and able to respond to situations rather than react.

#### **CRI New Directions**

Minesh Patel: [Minesh.patel@cri.org.uk](mailto:Minesh.patel@cri.org.uk)

CRI provide adult drug & alcohol treatment services in Nottinghamshire & subcontracts with a number of organisations such as Hettys, Stonham, Double Impact & Emerging Futures.

#### **MacMillan Information & Support Centre**

Alison Hall: [alison.hall3@nuh.nhs.uk](mailto:alison.hall3@nuh.nhs.uk)

The support centre provides emotional & practical support to anyone affected by cancer. The centre provides a listening ear from someone to talk to who understands & can help signposting to other services when necessary. The project is based at Nottingham City Hospital & covers Nottinghamshire & surrounding counties.



### **Everyone Health Change Point Service**

Sylvia Porter [sylviaporter@everyonehealth.co.uk](mailto:sylviaporter@everyonehealth.co.uk)

This service offers a tailor made weight management programme with ongoing support to clients. Nottinghamshire County Council & the local clinical commissioning groups were involved in its establishment & it operates across the county at different locations according to need.

### **A Place to Call Our Own (APTCCO)**

Samantha Wright [samantha.wright@aptcco.org](mailto:samantha.wright@aptcco.org)

### **The High Sheriff of Nottinghamshire Health and Well-being Community Initiative 2015/2016**

Sue Cooper [Suecooper2004@gmail.com](mailto:Suecooper2004@gmail.com)

A community and workplace based, health and wellbeing initiative throughout Nottinghamshire. This voluntary initiative creates an opportunity for open dialogue around Holistic Integrative Care – Healthcare and Self-care with an opportunity to experience simple, safe and natural practices such as relaxation techniques for stress reduction and an awareness of the latest scientific findings around the ancient wisdom traditions of healing.

We explore the mind body connection and an emerging new wellness model based on active participation which benefits our health, our individual formula for well-being and our relationships with self and others.

### **On Your Doorstep – Health Walks for Mansfield & Ashfield**

Keith Wallace & Andy Bond: [wfh@mansfieldramblers.org.uk](mailto:wfh@mansfieldramblers.org.uk)

Encouraged walking for fitness and walking in a small group for socialising.

**Thanks to everyone who attended to support the event & particularly to stall holders & table hosts.**

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*The next event will be on Tuesday 24<sup>th</sup> November 2015 & will look at how we can work together to improve dementia care in Nottinghamshire. Further details including how to book a place can be found on the [Stakeholder Network](#) web page.*

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