

Update on - Kingston Health and Care Plan 2019-21 and developing Place in Kingston at the KVA Health & Wellbeing Network

11 December 2019

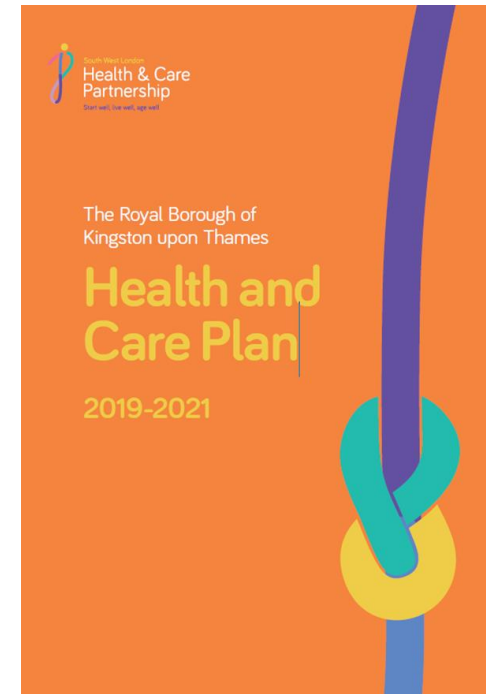
Start well, live well, age well



The Kingston Health and Care Plan describes our vision, priorities and actions to meet the health and care needs of local people and deliver improvements in their health and wellbeing.

This two year plan focuses on actions which no single organisation can achieve alone: where health, social care and the voluntary sector working together has maximum impact.

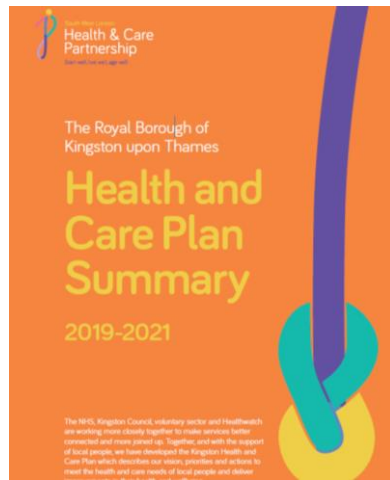
This plan has been developed in partnership with local people, voluntary community groups, health and care partners.



Sharing the health and care plan



[Click here to watch our film](#)



- About us
- News and publications
- Have your say
- Local health services
- Information for practitioners
- Stay healthy

> Our health and care plan

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Our health and care plan

The Kingston Health and Care Plan describes our vision, priorities and actions to meet the health and care needs of local people and deliver improvements in their health and wellbeing.

This two year plan focuses on actions which no single organisation can achieve alone: where health, social care and the voluntary sector working together has maximum impact. This plan should be read in the context of our other local health and care strategies.

This plan has been developed in partnership with local people, voluntary community groups, health and care partners.

To read more about how the health and care plan was developed, [click here](#)

Our aspiration for the people of Kingston is that they start well, live well and age well. The priority areas for improvement which the programme has identified are:

Start Well

- Maximise the mental wellbeing and resilience of our children and young people
- Improve the health of children and young people with a focus on tackling childhood obesity
- Give children and young people with special educational needs and disabilities opportunities to flourish and be independent

[Read the Start Well in Kingston plan-on-a-page](#)

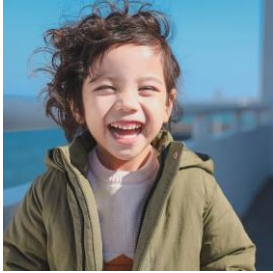
Live Well

- Support people to have good physical and mental health and prevent ill health
- Support people to manage long-term conditions
- Reduce health inequalities for those with poor health

[Read the Live Well in Kingston plan-on-a-page](#)

Our plan – priorities for action

Start well



- Maximise the mental wellbeing and resilience of our children and young people
- Give children and young people with special educational needs and disabilities opportunities to flourish and be independent
- Improve the health of children and young people with a focus on tackling childhood obesity

Live well



- Support people to have good physical and mental health and prevent ill health
- Support people to manage long-term conditions
- Reduce health inequalities for those with poor health

Age well



- Maximise people's independence and resilience to enable them to live well at home where that is their choice
- Reduce loneliness and isolation for everyone particularly older people and their carers
- Enable people to live and end the last years of their life well

Unpaid carers: take action to improve our practice in identifying and recognising carers of all ages so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.

Delivering the Health and Care plan

Where possible, we will use existing forums and groups to take forward the actions.

An implementation plan with clearly identified lead organisations has been developed so that health and care partners can work together and make a difference for local people.

The plans summarise the key delivery milestones and expected impacts for each action.

Progress will be reported through partner boards, governing bodies and the Health & Wellbeing Board at regular intervals.



Examples of coverage achieved for Kingston

14:23
Netflix

Tweet

 **Social Prescribing Kingston upon Tha...** @SocPrescribeKuT

Good to see #socialprescribing prioritised in the #Kingston Health and Care Plan. Here's @staywellcharity Community Connector Ruth Dawson talking about why it's needed. Find out more and watch full film: bit.ly/2MihxD6 @KingstonCCG @ConnectedKings

Social prescribing links people to voluntary and community services to help them become better connected to their local community

Connected Kingston

4 views

13:51 · 21/10/2019 · Twitter Web App

Tweet your reply


   

 **Staywell** @staywellcharity · Oct 23


Here's Michael talking about how @staywellcharity's Raleigh House helped relieve the loneliness he felt after bereavement. We're committed to working with our partners to tackle loneliness and isolation - good to see prioritised in #Kingston Health and Care Plan @KingstonCCG




0:19 205 views




  4  6 

Staywell Retweeted

 **NHS Kingston CCG** @KingstonCCG · Oct 22

The 2019-21 Health and Care Plan for #Kingston has been developed with our NHS partners, @RBKingston @HWKingston and @KingstonVA. Watch our film to see our vision, priorities and actions for joined up local health and social care: youtu.be/rlsU3v9Zkfk



  4  3 

 **Kingston Council** @RBKingston · Oct 30

Find out more about how local people were involved in our 2019-21 **Health and Care Plan** for #Kingston. ** See what changed as a result of what they told us:

bit.ly/2nBpFVN

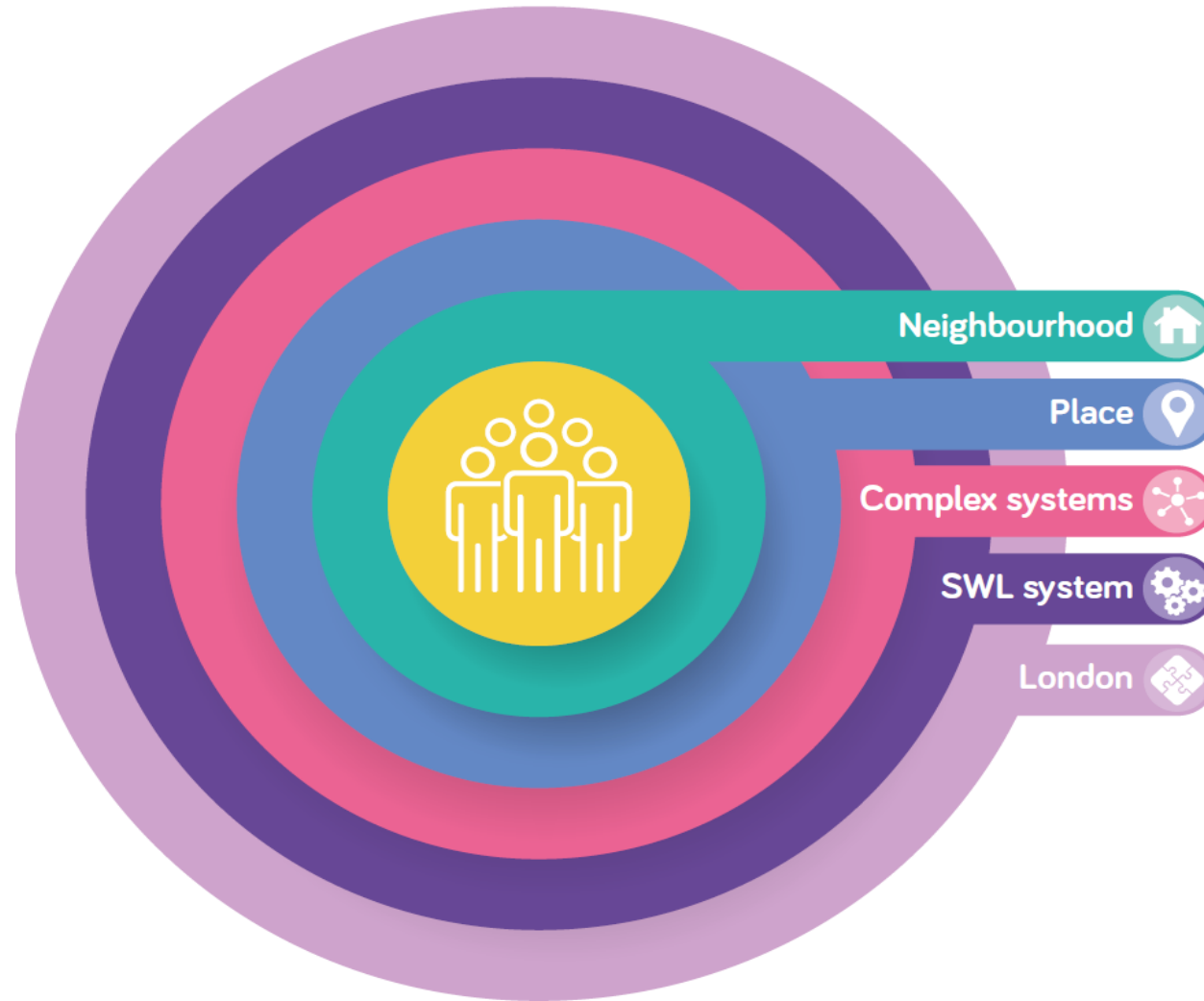
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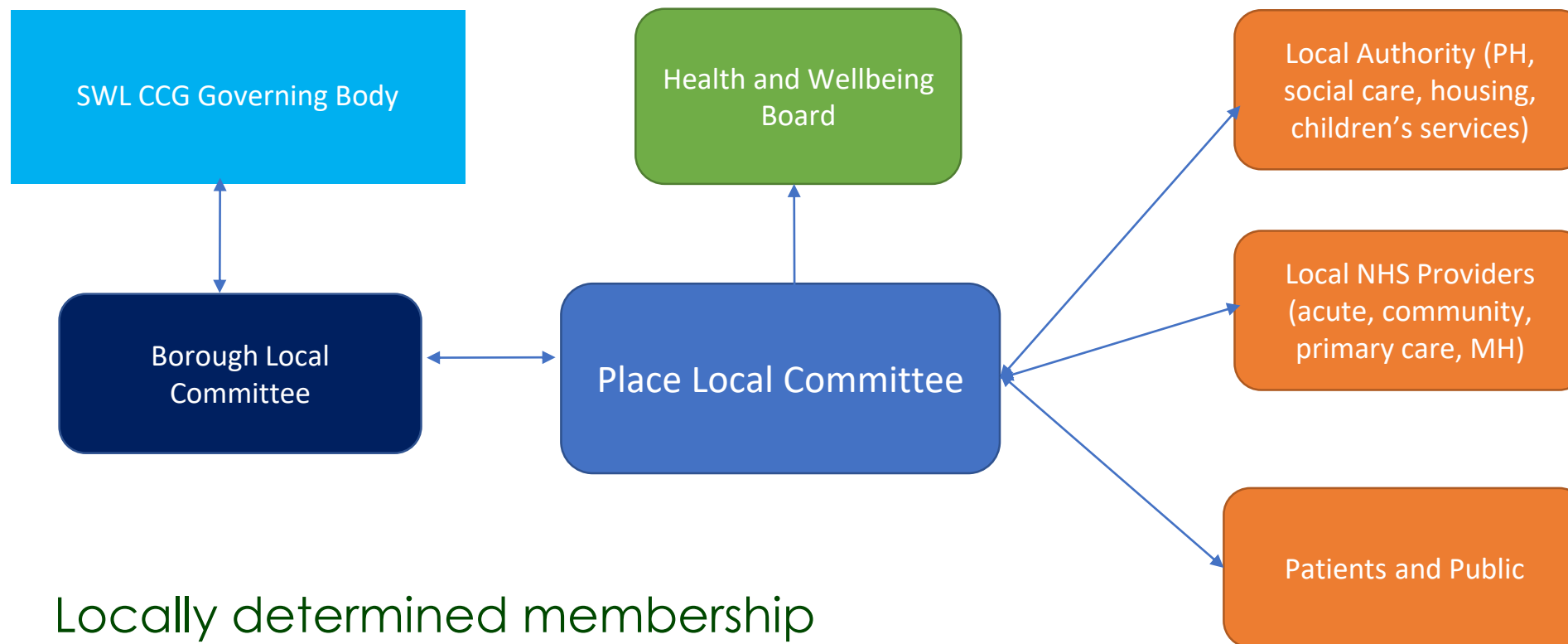
   

In context with our local place

Moving towards an integrated care system



Borough and Place Committees



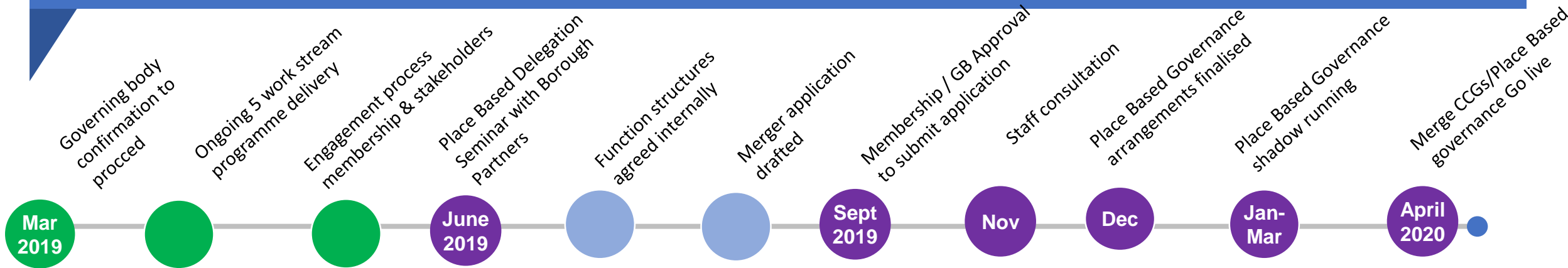
Locally determined membership
Reflecting local geography
Responding to local needs

Community engagement to support local structures

- Existing professionals Communications & Engagement group for Kingston & Richmond, been meeting for over a year
- How partners are coming together around comms & engagement and working together
 - Kingston Health & care plan
 - Winter campaign
- In developing an integrated comms & engagement approach to supporting delivery of the HCP, what do you think would be important in that approach?

High level timeline

Moving Forward Together



What's the point of the flu vaccination?

The flu is an unpredictable virus that can result in fever, coughing, pains, and more severe complications - including death.

Whilst unpleasant for everyone, its effects are particularly dangerous for certain people, including people over 65 years, very young and those with long term conditions.

Being healthy won't stop you getting flu or passing it on. The flu virus can infect anybody, and even someone with no visible symptoms is still at risk of passing the virus on.

Carers of people who are over 65 years are also eligible for a free flu vaccination, to prevent them passing flu on to, or getting flu from, the people they care for.

The best time to have a flu vaccine is in the autumn, from the beginning of October to the end of November. You can have the flu vaccine later in the winter, although it's best to get it earlier.

It takes between 10 and 14 days for your immune system to respond fully after you've had the flu vaccine.

The vaccine does not contain any live viruses, so you cannot get flu from the vaccination.

What you can do:

**Get your FREE flu jab at your local pharmacy or GP practice
Help protect yourself, your family and those you care for**



Did you know
the flu vaccine
is FREE if you're
65 and over?

Example long-term conditions that can make the experience of flu worse:

- ✓ Asthma, COPD, emphysema or bronchitis
- ✓ Chronic heart disease, kidney disease or liver disease, such as hepatitis
- ✓ Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
- ✓ Diabetes
- ✓ Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- ✓ A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- ✓ Being seriously overweight (a BMI of 40 or above)

This list of conditions is not definitive. It is always an issue of clinical judgement.

What can a pharmacist do for me?

Pharmacists dispense prescriptions, provide a range of services related to specific health issues and can give advice on healthy living and minor health conditions.

The services that may be available from your pharmacy are:

- Stop smoking advice
- Health checks
- Flu vaccinations
- Travel vaccinations
- Weight management
- Incontinence supplies
- Needle exchange
- Truss fittings
- Pregnancy testing
- Emergency contraception



What you can do:

**Next time you or the people you care for feel unwell or need health advice, first speak with your local pharmacist
To find your local pharmacist search 'NHS Find a Pharmacy'**

Example minor health conditions your local pharmacist can help with:

- ✓ coughs, colds or sore throats
- ✓ cold sores
- ✓ conjunctivitis or dry eyes
- ✓ constipation
- ✓ diarrhoea
- ✓ grazes
- ✓ sprains
- ✓ hay fever
- ✓ head lice
- ✓ indigestion and heartburn
- ✓ infrequent migraines
- ✓ mild cystitis
- ✓ mouth ulcers
- ✓ sunburn
- ✓ stomach ache
- ✓ warts and verrucas

Questions?