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What makes us healthy and what keeps us well?





Question

We asked local people and clinical staff one question:

What makes us healthy and what keeps us well?

How do you think they responded?

Members of the Community:

Members of the Community:



- Feeling valued
- Not feeling useless
- Having a purpose
- Having something to do
- Getting out of the house
- Going to different groups and activities



Clinical Staff:

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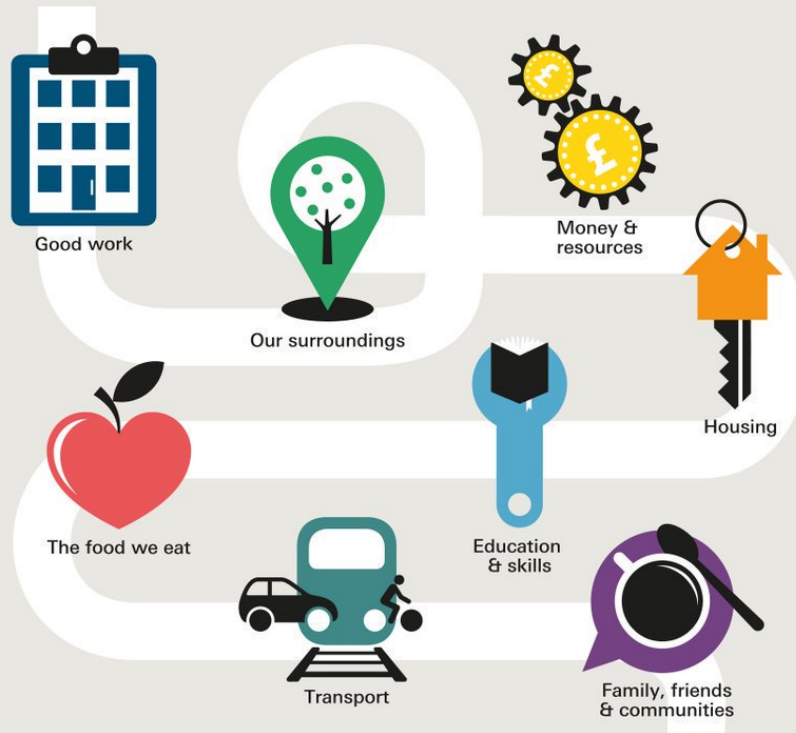


What makes us healthy?

AS LITTLE AS

10% of a population's health and wellbeing is linked to access to health care.

We need to look at the bigger picture:



But the picture isn't the same for everyone.

The healthy life expectancy gap between the most and least deprived areas in the UK is: **19** YEARS

People are partners,
not just users of
services.

This has to change
the conversation!



And here comes the jargon!

- Asset based approaches
- Person centred care
- Coproduction

HEAD, HANDS, HEART



Passion



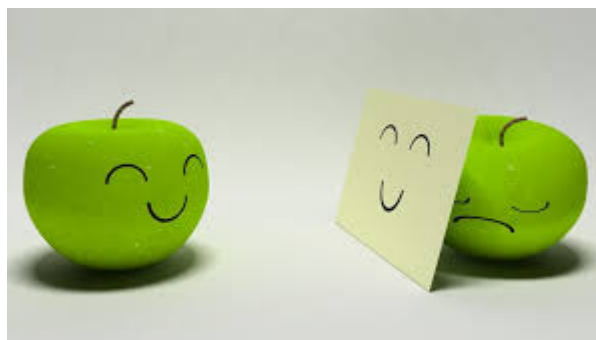
Skills



Knowledge








ISSUES, NEEDS, DEFECITS, PROBLEMS



Sad






“If you are constantly defining people by what they lack or need, it’s not difficult for people to lose sense of what they have to give”

Edgar Cahn. Founder of Timebanking





“I am not Rita with diabetes, IBS, a pacemaker and a recent diagnosis of early onset dementia. I am Rita who loves to volunteer, who is really good at organising community events and trips out and who runs knitting workshops. I thought about giving it all up and staying at home, but doing more of it is keeping me active and keeping me well. It’s important to me”

Members of the Community:



- Feeling valued
- Not feeling stress
- Having a purpose
- Having something to do
- Getting out of the house
- Going to different groups and activities



**The system isn't
about policies and strategies**



**The system is about people
and the stories they tell**





Stories

Our most powerful resource

How do we create opportunities for people to tell stories in a way that makes sense, is relevant and credible to local people?



Communication and Engagement

Often lumped into the same job description or strategy.

In reality, they are very different.....



Why?

How do we maximise the opportunities to build health partnerships?



Greater Manchester. The Devolution of Health and Social Care





Taking Charge



GM Health and Social Care Strategy until 2021.

Aims to: **radically transform** health, social care and wellbeing in GM and **broker a new relationship** with people in GM



VCSE Devolution Reference Group

Individuals from 18 voluntary, community, faith and social enterprise organisations from across GM seeking to promote the role and involvement of communities in devolution.



Key messages relevant to Community Radio

- We are a catalyst for change and a connector of people
- We understand our communities. We can help drive people-powered change, harnessing social action and bridging the gap that can exist between public services and the people they serve.



Memorandum of Understanding

The VCSE sector officially signed an MoU with the GM Health and Social Care Partnership in February 2017.

This sets out shared priorities between the two sectors.



Key messages relevant to Community Radio

- We have a critical role in supporting people to look after themselves and each other in a collective way
- Communities need to be involved in co-designing better health and social care
- We need to develop new ways of working together in order to meet the challenges our communities face
- Engage people and communities in new and different ways of doing things



Person and Community Centred Approaches

“At the heart of our approach to devolution is the brokering of a new relationship between people and public services towards prevention, community resilience and self help. We said this was vital if we are to enable people to prevent and manage long-term health conditions, maintain their independence, improve their health and wellbeing and in doing so, live happier and healthier lives while reducing demands on services”

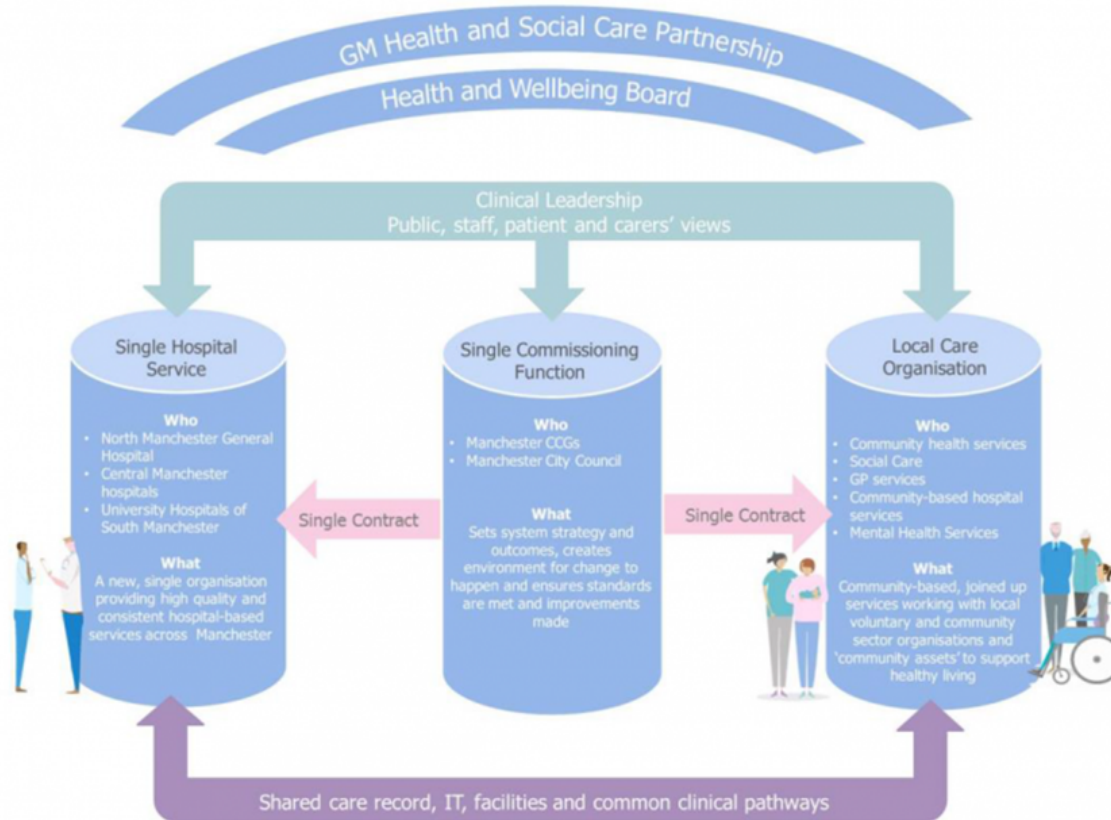


Key messages relevant to Community Radio

- Healthcare doesn't have to be medical. Support can be person centred and community based
- The power of citizens and communities to improve health and wellbeing by working with professionals and organisations across health and social care
- The benefits of everyone working together to support all aspects of peoples emotional, social and physical needs by focussing on what matters to the individual
- Using the strength of the community (abilities, skills and connections)



A Healthier Manchester





The National Picture



navca
local focus national voice



NHS Five Year Forward View



October 2014
Chapter Two. A new relationship
with people and communities.

Empowering people and
engaging communities



VCSE Review. November 2014

VCSE Review

Investing in partnerships for
health and wellbeing

“We welcome the new action plan from the Joint VCSE Review, which has set out an important vision in which voluntary, community and social enterprise organisations work with the NHS to co-design and co-deliver health and care services with local people”

(Simon Stevens, CEO, NHS England)





Six principles for engaging people and communities. June 2016



