

## Bedfordshire, Luton and Milton Keynes Sustainability and Transformation Plan

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### News



#### ***BLMK progress rated as 'outstanding'***

The progress of Bedfordshire, Luton and Milton Keynes (BLMK) Sustainability and Transformation Plan (STP) has been rated as outstanding by NHS England after a performance analysis of each of the 44 STP footprints across the country.

National regulators published the figures which looked at the starting point for each STP and their achievements so far through 17 performance indicators across nine priority areas, each falling into three core themes: hospital performance; patient-focused change and transformation.

Through these indicators, each STP's overall progress was rated and BLMK was one of only five areas to receive the top rating of 'outstanding'. NHS England will collate and publish the performance data annually.

As well as this rating, BLMK was recently named as one of eight health and social care systems in the country to become an Accountable Care System. This status will give the area access to additional funding and investment, and BLMK will be actively bidding for monies that will help to transform local services.

#### ***Bedford Hospital receive A&E investment***

Bedford Hospital has been awarded £1.5 million pounds of investment from NHS England to improve GP access for local people and support urgent care at their A&E.

The funding was announced last week as part of £325 million of investment NHS England is making in local projects through Sustainability and Transformation Plans across the country.

Bedfordshire, Luton and Milton Keynes was selected as one of the STP areas to receive monies for local transformation projects, with national regulators recognising the plans to develop a primary care hub at Bedford Hospital as one of the 'strongest and most advanced schemes' put forward as part of plans to modernise and transform care for local people.

The primary care hub will see a GP Practice for 10 doctors developed in Bedford Hospital's Cauldwell Ward which could offer same-day appointments to unregistered patients over longer opening hours for seven days a week. As well as offering greater access to GPs for patients, the service will also offer Urgent Care for patients that need timely but not emergency treatment.

The hub will mean that patients can be directed to the most appropriate service at the hospital and reduce the numbers of those that attend A&E when perhaps they could receive quicker, more effective care elsewhere.

Planning for the development of the primary care hub is already underway and it is anticipated that the work and training required will be completed next year.

### ***Luton Council and Luton CCG join forces***

Luton Council and Luton Clinical Commissioning Group (LCCG) are joining forces to enable Luton people to live healthier lives. Cllr Hazel Simmons, Leader of the Council and Nina Pearson, Chair of LCCG, signed a concordat at the Council's Luton Investment Framework event at the end of June to demonstrate each organisation's commitment to improve the health of Luton's residents.

The proposed integrated commissioning detailed in the concordat will bring CCG health commissioners and the Council's adult social care, children's services and public health commissioning together creating a single function during 2018/19. The driving principles of this service will include preventing poor health, promoting self-care, and supportive care to people and carers to optimise health and wellbeing as well as promote recovery and rehabilitation.

A strategic commissioning framework will be developed to take forward the proposals which will involve establishing an Integrated Commissioning Committee (ICC) which will develop and monitor strategies and plans, allocate resources, undertake market intelligence and ensure compliance with regulatory bodies. The Health and Wellbeing Board will have strategic overview of the ICC but the committee will be accountable to both the Council's Executive and the CCG's Board.

Residents of Luton will be informed of the progress of the single commissioning function and where it is required, formal consultation will be conducted.

## **Health and Wellbeing**



### ***BLMK gets people moving***

BLMK partner organisations are encouraging people of all ages to get moving this summer, with a host of activities and a free app from Public Health England.

The campaign is part of a coordinated approach to improving the health and wellbeing of local people across Bedfordshire, Milton Keynes and Luton as part of the Sustainability Transformation Plan (STP).

One initiative for families with children is the 10 Minute Shake Ups programme, which offers a host of Disney-themed activities online that encourages children to exercise 10 minutes at a time. The activities include both indoor and outdoor exercise and are designed to encourage children to get the required hour of exercise a day as helping them to build social skills, boost self-confidence and mental wellbeing, and improve bone and heart health.

Children need 60 minutes of exercise a day, so each 10 minute burst of activity will help them reach the daily goal. As well as burning energy, being active helps children to build social skills, boost self-confidence and mental wellbeing, and improve bone and heart health.

The shake up activities are available at [www.nhs.uk/10-minute-shake-up/](http://www.nhs.uk/10-minute-shake-up/).

For the adults, Public Health England has launched an app designed to help busy adults fit 10 to 30 minutes of exercise into their day. The free Active 10 app tracks how many minutes a day you walk at a brisk pace all you need is 10 minutes to get started. Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping.

The free app is available for both android and iPhone – search for ‘Active 10’ in your app store or alternatively you can find out more about the programme by searching for ‘Active 10’ online.

## Communications



### *Getting our Communications and Engagement Right*

Nationally, STPs have been the focus of much media and public scrutiny and we’ve also had a lot of interest at a local level.

This is a good thing and reflects how much local people and their representatives cherish the health and care services that are available to them.

And, given the complexity of the health and care system that we are working in, it can be difficult to achieve clear and accessible communication with everyone who has an interest in the plans.

That is why we are currently refreshing our approach to communications.

Earlier this month, Comms leads from each of the partner organisations gathered for a workshop during which they considered the strengths and weaknesses of what we have done so far and brainstormed a variety of ways in which we could be more effective in future.

There was a lot of discussion about channels and tactics with a strong sense that we need to move away from talking about our programme priorities and workstreams and move towards story telling about the changes we are wanting to achieve for local people.

This reflection is timely, given that our Chief Executives are currently undertaking a wider stock take of the BLMK STP and the priority outcomes we are seeking to achieve.

There was also a recognition that whilst we do have a wide diversity of audiences, in our communities and in our organisations, there would be real value in having a clearer and more consistent narrative about why change is important and what our plans are.

Between now and September, the Comms and Engagement Network will be building on their ideas for change and plan to present a revised comms plan to the Chief Executives’ Group before launching a new approach in the early autumn. Supporting this work will be

representatives from the Public Voice Partnership, which includes local Healthwatch, to ensure that the new approach and plans will have considered public feedback and be presented in a simple, easy to understand way that will help the many different audiences across BLMK to understand more about this important work to improve health and care for local populations.

If you have ideas and suggestions on how our communications could be improved, please send them to us at [communications@mkuh.nhs.uk](mailto:communications@mkuh.nhs.uk)

## Engagement



### ***How can we shape the future of our digital transformation including a new shared care record?***

Back in March we held our first digital transformation stakeholder event where a number of suppliers gave an overview of what their products were capable of delivering in a transformed care system. On 14 September, at Wybsoton Lakes Training Centre, we will be holding our second event but this will be focussed on finding out what all our 16 partners want to see delivered to overcome some of the challenges that we face.

The day will be an opportunity for all stakeholders to explore how we can work together to build a shared care record. We want you to imagine a world where information is at your fingertips to help you make better decisions for your patients and service users. You are invited to participate in a journey that will enable our region to become one of the best digitally transformed in the county.

We know that as partners in our transformation you will have plenty of questions and so we will be addressing your questions along with the questions below and work together to find answers:

- How do you think technology can help you deliver better care to patients and service users?
- What do you as service providers, need the shared care record to do?
- How can we build on our existing scoping document to build a system that delivers what you need?
- What do you need to ensure you can continue to provide the care you give?
- What doesn't your organisation need?
- What challenges would we need to consider?
- What has and hasn't worked else-where?
- What challenges are presented with information sharing across BLMK?

Those who attend will set the agenda and, by the end, every area of interest will have been raised and all issues will have received discussion to the extent desired - and most importantly anyone attending will have taken part in making it happen.



This event will be a real opportunity for those working at the frontline of our services to shape our digital future and create a system that they can truly say they own. Please do share with colleagues within your organisation who may find it of interest.

If you would like more information about the event or would like to register your interest in attending please contact:

Nicola Dowlen – 01908 996219 or email: [nicola.dowlen@mkuh.nhs.uk](mailto:nicola.dowlen@mkuh.nhs.uk). Deadline for registering attendance is Monday 4 September.

### ***What is an STP?***

Healthwatch organisations across BLMK are currently running a short survey to find out what local people know about STPs. The survey is trying to understand what awareness and understanding there currently is around STPs, and what level of involvement local people have had or would like to have in future. This feedback will be shared with BLMK STP through the Public Voice Partnership group and will help to inform developing plans.

### ***Developing our public voice***

We are seeking representatives from across BLMK to become involved in reference groups to ensure the voice of local people is heard through the planning process. This approach has been successfully used in other areas and will see the following three reference groups established to cover different audiences:

- Patient/public
- Representative stakeholders/interest groups
- Equalities organisations

We would be delighted to hear from people who would be interested in being involved and will be encouraging widespread representation across BLMK. More details will be coming soon but if you would like to register an initial interest, please email [ruth.adams@bedfordshireccq.nhs.uk](mailto:ruth.adams@bedfordshireccq.nhs.uk)