

# Wellbeing and Health



# Local Healthcare Services



Alma Road Surgery



Abbeywell Surgery



North Baddesley Health Centre



- ❑ There are 3 General Practices in Romsey and North Baddesley providing services from 4 sites, with 43,000 registered patients
- ❑ A wide range of outpatient clinics, diagnostics and therapy services are provided at Romsey Hospital, together with 15 rehabilitation beds

Romsey Hospital



**The challenges facing the NHS: “An unprecedented level of pressure.....substantial impending challenges driven by an ageing population, increase in long term conditions; and rising costs and public expectations”**

90% of all patient contacts in the NHS are managed by General Practice

On average, a person will see a GP seven times a year; double the number of visits from a decade ago

We know that general practice is highly valued but we need a more sustainable model for the future

An ageing population

Advances in medical technology

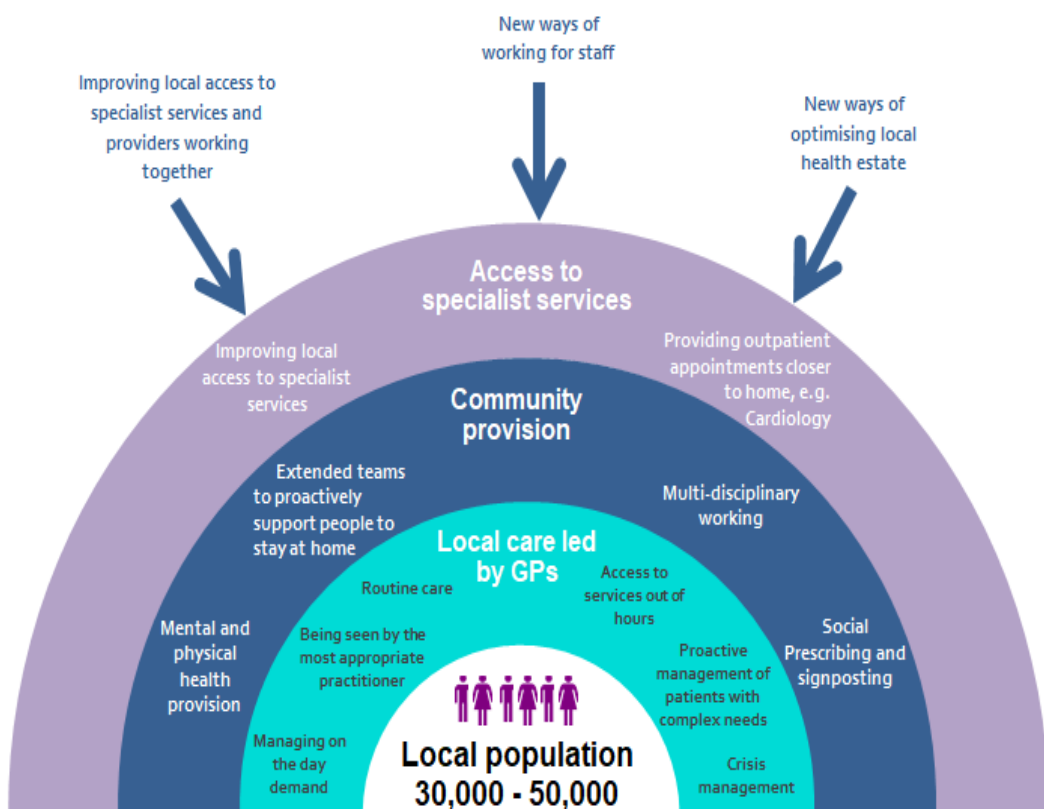
Life expectancy is increasing but people are living longer with multiple health needs

Increasing long term and chronic conditions

Rising public expectations

# Romsey Primary Care Network

Primary Care Networks are groups of GP Practices covering populations of 30,000 – 50,000 who work together alongside acute and community services and the voluntary sector to deliver better joined up care for local people.

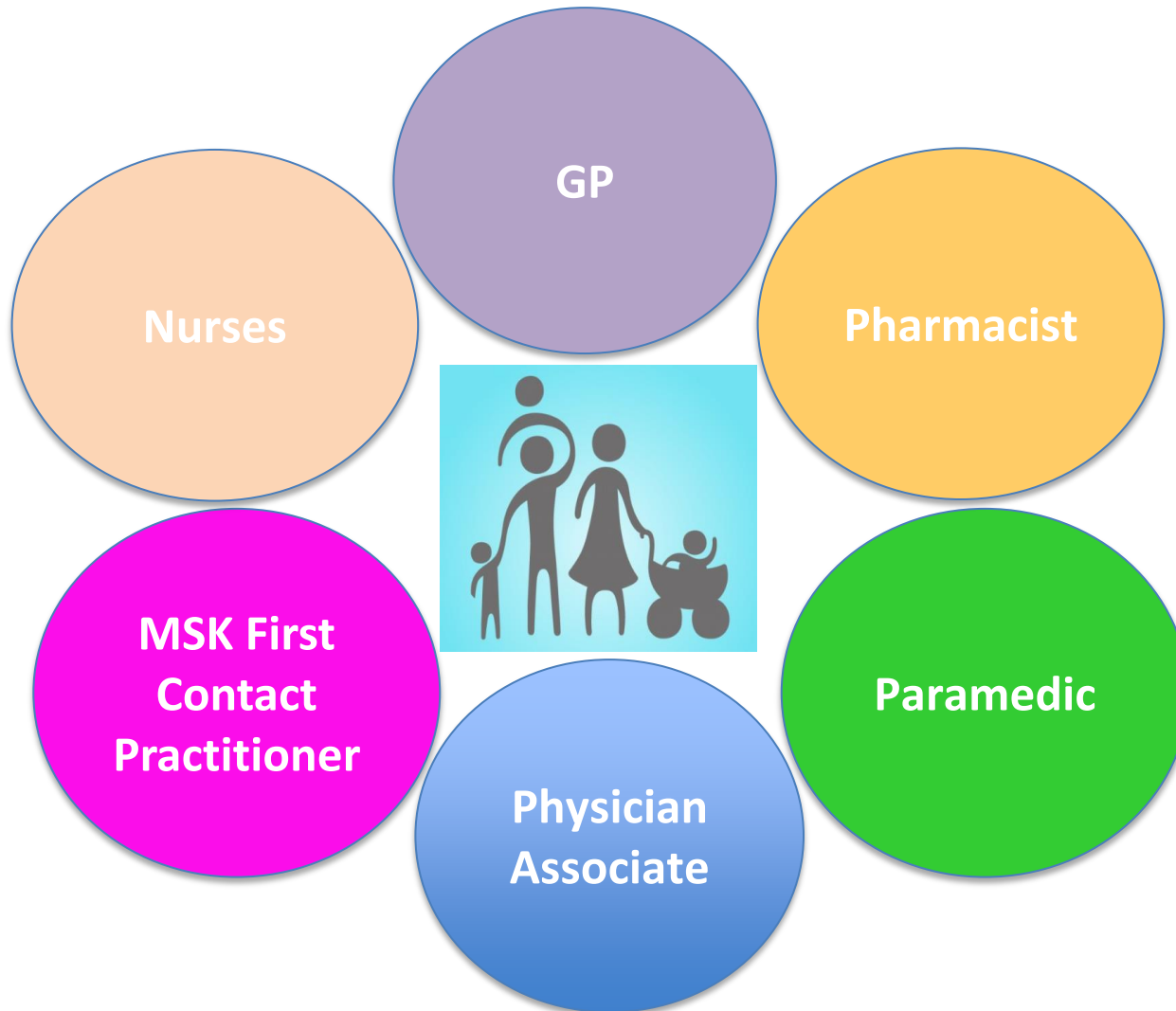


## Primary Care Networks:

- Understand local need
- Understand their resources
- Have strong clinical and operational leadership
- Work together to provide joined up services that meet local need
- Support the sustainability of general practice
- **Are part of the community they serve**

# How care is changing...

A wider range of professionals will be working to provide care



# A different approach – social prescribing



**Social prescribing** allows GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services in addition to appropriate medical care.

It aims to address people's needs in a holistic way and also help support individuals to take greater control of their own health.



Social prescribing schemes can involve a variety of activities provided by voluntary sector and community groups. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of physical activities.

There are many different models for social prescribing, but most involve a **link worker or navigator** who works with people to access local sources of support.

# Staying Well

## Mental Health

- ❑ 1 in 4 people will experience a mental health issue in any given year



## Diabetes

- ❑ 90% of type 2 Diabetics can be cured with exercise and weight loss within 6 months of diagnosis



## Musculoskeletal (MSK)

- ❑ 30% of GP consultations – injuries or pain in the joints, ligaments, muscles, nerves, tendons, and structures that support limbs, neck and back



## Loneliness and social isolation

- ❑ Loneliness is just as lethal as smoking 15 cigarettes per day



# For further thought...

Shifting the focus from management of ill health to the promotion of good health

Think about:

- How people can access
  - Social groups and networks
  - Physical activity
  - Healthy eating
  - Help and support
  - Information and advice
- How wellbeing and health can be supported through healthy communities

