

# Bristol Health Partners

Welcome to our lunchtime seminar

Public health and community-based support initiatives:  
the work of the Health Integration Teams (HITs)

WiFi is Bguest  
username: guest  
password: bristol

@BristolHealthP



Avon and Wiltshire Mental Health Partnership NHS Trust  
Bristol, North Somerset and South Gloucestershire Clinical  
Commissioning Group  
North Bristol NHS Trust  
University Hospitals Bristol NHS Foundation Trust

**Bristol Health  
Partners**

# SHINE HIT

Supporting **H**ealthy **I**nclusive **N**eighbourhood **E**nvironments



Dr Suzanne Audrey, Co-director

# Healthy, inclusive neighbourhoods

- Are safe and feel safe
- Enable people to get out and about
- Encourage social interaction
- Accessible for all



Photo:<https://www.flickr.com/photos/crabchick/>





Department  
of Health &  
Social Care

# Prevention is better than cure

Our vision to help you live well for longer

5 November 2018

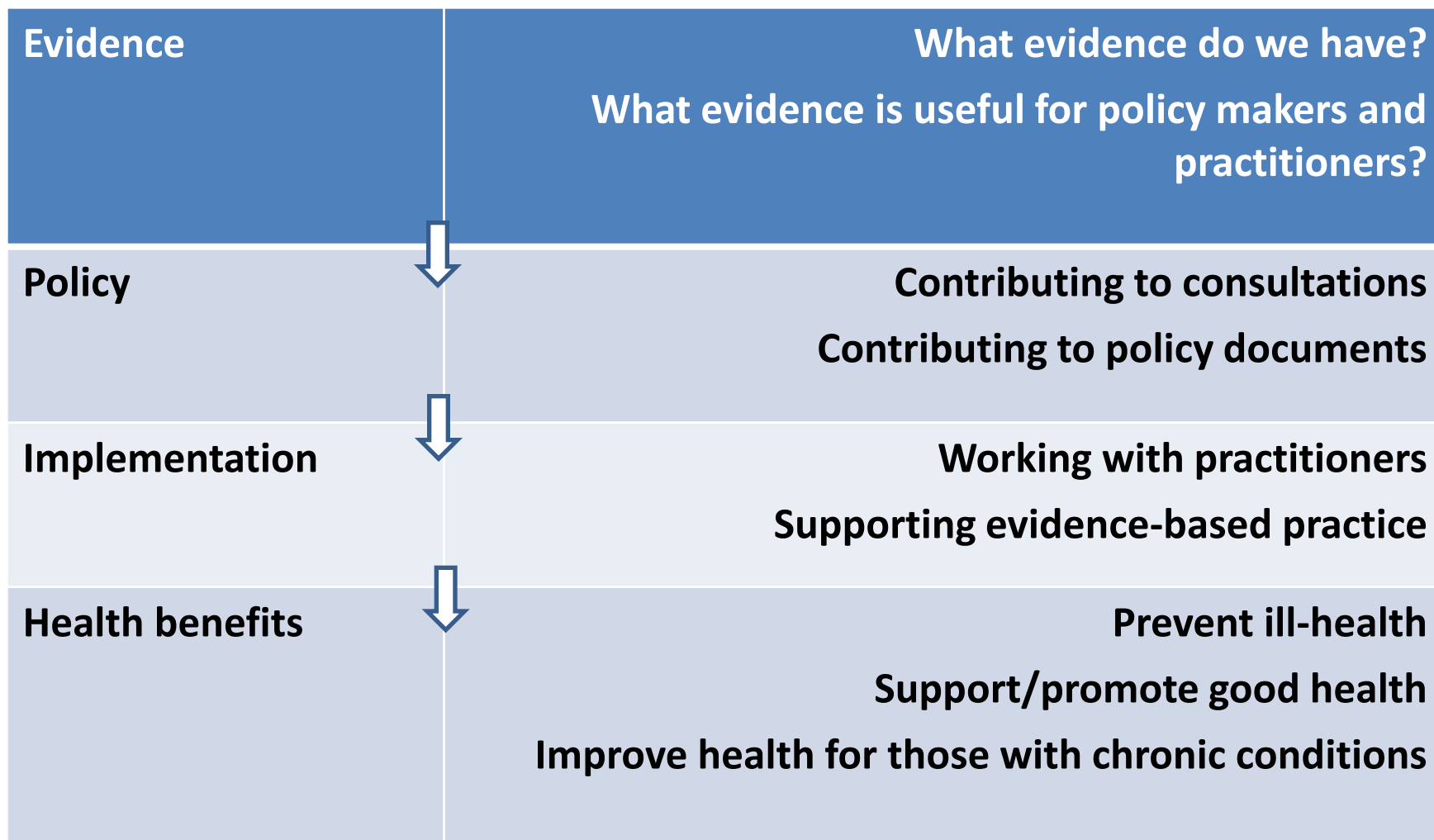
“spending is needed on **prevention, not just cure** ... it is imperative that this rebalancing happens - **to keep people well, living in the community, and out of hospital for longer.**”

“Our **mental and physical health is also shaped by the neighbourhoods we live in**, including access to green space, community safety and cycling or walking routes.”

“This goes beyond conversations about people's lifestyles. After all, **our health is shaped by the environment in which we live, as well as the decisions we make.**”



# SHINE: the 'patient' pathway



# Providing evidence for policy decisions



Audrey S, Batista-Ferrer H.  
**Healthy urban environments for children and young people:** A systematic review of intervention studies. *Health & Place* 2015;36:97-117  
Most promising interventions: **reducing traffic speeds and safe routes to school**

Moore T, Kesten J ... Audrey S. **The effects of changes to the built environment on the mental health and well-being of adults:** Systematic review. *Health & Place* 2018;53:237-257

Most promising interventions: **improving green infrastructure, pocket parks**

# Essential evidence on a page



No. 165: Policy making and evidence selection

No. 176: Play Streets during school vacations

School Travel Toolbox: 20 'essential evidence' summaries

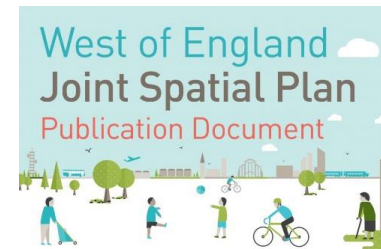
Professor Adrian Davis  
Co-director of SHINE  
<https://travelwest.info/essentialevidence>  
and 'essential evidence' mailing list



# Working together

## Bristol Health Partners

- Bristol City Council officers are members of SHINE leadership team
- Bristol Walking Alliance: City Design team consult BWA on design briefs
- Contributions to:
  - Parks and green spaces review
  - Joint Spatial Plan
- ESRC grant to work with transport officers on ‘inclusive walking’: contribution to draft Bristol Transport Strategy
- Funding application to examine use of new technology to count pedestrians in the city





# SHINE HIT

**Bristol Health  
Partners**

Supporting **H**ealthy **I**nclusive **N**eighbourhood **E**nvironments

## Future work?

Age-friendly City

Child-friendly City

One City Plan

Bristol Transport Strategy

Bristol and Bath Parks Foundation

And more?

**Bristol Health  
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# Cycling for health

# APPHLE HIT



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# Bristol Health Partners

- Urban Cycle Skills Training
- Group Rides
- Peer buddying
- Bike Maintenance Support
- Quality refurbished bikes



# Bristol Health Partners

Life Cycle UK  
Transforming lives through cycling



## People have

- ✓ Made new friends
- ✓ Discovered new places
- ✓ Visited their GP less
- ✓ Become better drivers

Pedal – project to explore the benefits of ebikes for people with T2 diabetes

<https://www.youtube.com/watch?v=-rAp15If1Uk>

# Bristol Health Partners



West of England Nature Partnership  
Joining up the dots for nature

## Blue care APPHLE HIT



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Nature in everyday life

Nature-based  
health promotion

Green (and  
Blue) Care

▼ Health needs

Adapted from Thrive



Ross Hoddinott/2020VISION



Matthew Roberts



What's local to me?

What do I enjoy?

What support do I need?



Participate

Supported

Volunteer



Gaps / opportunities in provision

# **Real Life with Dementia**

## **Practical Training Course for Carers**

**Dr Maria-Paloma Sequeiros**

**Later Life Psychiatrist, AWP Mental Health NHS Trust**

**Co-Director Dementia HIT**

# Job Description

**WANTED:** Individual required for physically and mentally exhausting work. The job may include heavy lifting and applicants should be capable of working alone for indefinite periods.

The successful applicant will be expected to be on call 24 hours a day, seven days a week and will receive holidays if they are lucky or able to pay for someone to replace them.

Pay is at a rate below the official poverty line or non-existent. Social status attached to the job is low.

Applicants are expected to show evidence of a sense of humour and the patience of a saint. Past experience, training or qualifications not necessary. No training will be provided.

Job Title: Carer

Would **you** take this job???

Anxiety &  
low mood

Confusion &  
distress

Changes in  
behaviour

Suspiciousness &  
paranoia

Difficulty  
coping

**THERE IS A GAP**

Worsened  
mobility & falls

Difficulties with  
eating &  
drinking

**IN SERVICE**

Money  
concerns

Stress &  
grief

Sleepless  
nights

Uncertainty  
about the  
future

Agitation &  
aggression

Isolation &  
loneliness

Chronic  
pain &  
infections

Difficulty  
accessing  
services &  
support

Incontinence &  
hygiene  
problems

Difficulty  
getting  
help

Communication  
difficulties

**This is where**  
**Real Life with**  
**Dementia**  
**Practical Training Course**  
**for Carers**  
**comes in...**

- “Real Life with Dementia” monthly sessions comprise of
- Discussion of Carers’ specific “Real Life with Dementia” difficulties with professionals.
  - Presentations on two topics relating to Dementia care delivered by professionals with experience and expertise in Dementia:
    - **Dementia and what can happen**
    - How common health problems can manifest in Dementia
      - **Improving communication in Dementia care**
      - Lifestyle, health and quality of life
    - **Importance of activity and routine for health and wellbeing**
    - Meaningful activity in Dementia
      - **Improving eating and drinking in Dementia**
      - Managing incontinence and hygiene
    - **Practical caring hints and tips**
    - Improving mobility and preventing falls
      - **Relationship changes and grief in Dementia**
      - Managing carer stress
    - **Social Services support for Dementia**
    - Lasting Power of Attorney and Advance Care Planning
      - **Mood and behaviour changes in Dementia**
      - Medications and other treatments for mood and behaviour
    - **Understanding hallucinations and paranoia in Dementia**
    - Thinking about approaches to behavioural disturbance
      - **Assistive technology and home living aids for Dementia**
      - Mental capacity and best interest decisions
    - **Preparing to go into hospital**
    - Planning for home care services and permanent care
      - **Support services for Carers of people with Dementia**
      - Looking after yourself as a Carer

“Real Life with Dementia” is a national award winning training course for informal Carers of people with **Dementia**, providing training, education & support for those experiencing increasing difficulties in their caring role.

Winner of the  
**Best Dementia**  
**Training Initiative**  
at the 8th  
National  
Dementia Care  
Awards 2017



### **Real Life with Dementia** needs to be included in the BNSSG dementia pathway!

- *“I found it reassuring that as carers we all have the same problems to deal with, it really helps to have conversations about all the issues with people who understand and care.” RP*
- *“I feel the sessions are very informal, people felt at ease to talk about their loved ones, in their own time. It had a relaxed atmosphere. It gave you understanding and practical support not just for your loved one, but you as an individual” LH*
- *“I have completed the course and I would recommend this course to every carer whose partner has dementia, it is invaluable.” TS*
- *“I always leave each session thinking that I’m really glad I am on this course as it has helped me and my family enormously, but I worry for others who don’t have this essential help.” JS*
- *“Dementia covers a vast range of problems, and even though the problem may not yet occur, it will in the future, so all information is useful. If the problems experienced and the topic of today coexist, then more questions can be asked. The first hour gives us a chance to talk about today’s problems that were outside today’s topic.” TW*
- *“Sessions are very useful, lots of information, non-clinical approach, friendly group where I felt relaxed and able to ask questions about day-to-day things.” TA*
- *“At 58 I’ve experienced many challenges in my work, family and relationships but nothing had prepared me for having to jointly care for my Father after he developed dementia. We have benefitted enormously from this course and I feel strongly that others must have that same opportunity. Dementia is unlike any other condition I have come across as it takes someone you know and understand very well and it radically ‘changes’ them so you can no longer understand or indeed cope with them.” KW*

## Evaluation Form

Session 1 held on Wednesday 16th May 2018, 2pm – 4.30pm



### Dementia & What can happen How common is Dementia

|                     |                     |
|---------------------|---------------------|
| Name of Attendee:   | [REDACTED]          |
| Contact Telephone:  | [REDACTED]          |
| Name of Presenters: | Dr Paloma SEQUEIROS |

1) Prior to today's session how did you rate your understanding of the subjects covered?

 0 (No Knowledge)    1    2    3    4    5    6    7    8    9    10  (A lot of knowledge)

2) After today's session please rate your knowledge now.

 0 (No Knowledge)    1    2    3    4    5    6    7    8    9    10  (A lot of knowledge)

3) Please comment on what you liked or didn't like about the session.

*This was by far the best session I have attended so far. John has had dementia for eight years and this is the first time anyone has explained to me what is really is, all that has ever been said to me by doctors etc is that John has Parkinson's / Dementia = Memory loss. There is so much more to it than that. I know this but didn't understand. Thank you so much for telling me about it, it won't make my life physically easier but it will certainly help me to understand.*

4) Anything else you would have liked to have been covered in the session?

Please can you return this form in the ~~SAC~~ envelope supplied to Beth Tovey



## Thanking our partners...

- **Kris Allen, Social Worker, South Glos Council**
- **Dr Peter Bagshaw, Dementia Lead, South Glos CCG**
- **Paula Clough, Occupational Therapist, AWP Mental Health NHS Trust**
- **Jan Cotter, Continence Advisor, North Bristol NHS Trust**
- **Dementia Advisors & Support Workers, Sirona Care & Alzheimer's Society**
- **Nansi Felton, Physiotherapist, AWP Mental Health NHS Trust**
- **Paul Frisby, Commissioner, South Glos CCG**
- **Esther Hartnoll, Occupational Therapist, AWP Mental Health NHS Trust**
- **Lesley Hobbs, Deerhurst Care Home Registered Manager, Brunel Care**
- **Hen Joannidi, Psychologist, AWP Mental Health NHS Trust**
- **Neil McIntosh, Bristol & South Glos Carers' Support Centre**
- **Jet O'Neil, Dementia Matron, North Bristol NHS Trust**
- **Carol Skidmore, Occupational Therapy Support Worker, AWP Mental Health NHS Trust**
- **Speech and Language Therapy, Sirona Care**

... from different organisations from Health & Social Care...

**As the Dementia HIT we are working together!!!**

Dr Maria-Paloma Sequeiros [maria-paloma.sequeiros@nhs.net](mailto:maria-paloma.sequeiros@nhs.net)

**Bristol Health  
Partners**



# Improving sexual health in 2019

**Katy Turner (co-director)**



**Avon and Wiltshire Mental Health Partnership NHS Trust  
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North Bristol NHS Trust  
University Hospitals Bristol NHS Foundation Trust**

**AIDS**



**AIDS**  
DON'T DIE  
OF  
REMBRANCE

ISSUED BY THE HEALTH  
DEPARTMENTS OF THE UNITED KINGDOM.

**#U equals U**

**Undetectable = Untransmissible**

# PREP WORKS

*Pre-Exposure Prophylaxis*





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**GONORRHOEA  
IS GETTING MEANER**







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