

Report Response Form: LS25&LS26 Local Care Partnership (LCP)

Date: 01/04/2021

Healthwatch Leeds Suggestion	LCP response (including any actions you will take)	Who is responsible	When will this be implemented by
Explore what extra support people need in order to be more positively motivated to adopt a healthier lifestyle to tackle obesity (e.g. use of health coaching).	- Primary Care Network (PCN) Health and Wellbeing team are recruiting Occupational Therapists, Dieticians, and Health and Wellbeing Coaches. They will look at recommendations from this report to feed into their work and job descriptions, to be verified by LCP partners. - Physical Activity dials - to be used as a tool by LCP Partners to have conversations to encourage behaviour change around being active (Primary Care Network, Social Prescribers, Third Sector). Training available. - Active Leeds (AL) - have a digital offer of support available to help people be more active without being in a gym class and are looking to create an ambassador programme so that people can see people like them being active and encourage uptake. - AL are also looking to pilot a targeted incentive programme to encourage use of AL services in the area. The results from this report will help identify populations to target in this and types of incentives will be coproduced with local people.		
	Actions:		
	1. Collaboratively work up suitable role job descriptions for Health and Wellbeing team, avoiding duplication.	PCN	October 2021
	2. Use information from this report to help prioritise workload for Health and Wellbeing team.	PCN	January 2022
	3. Run Training on physical activity dials for LCP partners	AL	Sept 2021
	4. Communicate AL digital offer locally, including any information about local	AL	October 2021

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	incentives to use AL services		
Look at ways of improving access to local sports and leisure facilities	- Leeds City Council will start to remobilise services from 29th March 2021 within the LS25/LS26 area in accordance with the government roadmap. The main facilities to reopen are Rothwell Leisure Centre, Kippax Leisure Centre and Garforth Leisure Centre. School activities and disability activities have already resumed. The return of all activities is subject to the government roadmap and government COVID guidelines. AL activities are COVID safe and follow the guidelines agreed between Department Culture Media and Sport (DCMS) and the Chartered Institute of the Management of Sport and Physical Activity (CIMSPA). More information about AL and AL making a comeback can be found on our website https://active.leeds.gov.uk/ - AL Ambassador programme as described above, is something AL are looking to develop to encourage uptake of AL services. Seeing people 'like me' in gyms and doing physical activity is a known way to improve access to facilities. - Potential for PCN Health and Wellbeing team to work out of leisure centres to improve access. - Offer for people who have deconditioned over lockdown at Garforth and Rothwell leisure centres Actions: 1. Improve communication about what's out there for people to access in this area, and marry up low-cost opportunities, using Co-Operate website. 2. Map as an LCP what sports and leisure facilities are in the area, and analyse if there are missing activities/services once things have fully reopened. 3. Use the information gained from action above to influence commissioning of new services or facilities or to link with current providers locally to see if there	LCP LCP LCP	Jan 22 Jan 22 Jan 22

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	are groups that could fill this local need.		
Look at introducing more local and accessible fitness activities and groups. Consideration should also be given to targeting activities at particular groups who may face additional barriers to participation (e.g. beginners, older and disabled people or those with long-term health conditions, and also families)	- Activities are now available digitally and locally, the AL app has a range of activities supporting mechanisms that can be performed online. These are either free or a £1 per stream. (more info at https://active.leeds.gov.uk/) - Conversations about physical activity between LCP partners and people, supported by the use of Physical Activity Dials, will be analysed to show any gaps in provision identified by local people. This along with a range of other consultation exercises happening locally and nationally about how people want to carry out activities in groups in line with COVID restrictions will be able to highlight current gaps in local provision. - Garforth NET, Rothwell Live at Home MHA and The Fair Exchange all have a wealth of local activities restarting to help with older people and reconditioning, and with health conditions such as respiratory issues. They are also aware of other groups that may be more suitable for families in the area (or at least were before COVID). Actions: 1. Improve communication, publicity, and connectivity about what's out there to support people and avoid duplication, via Co-operate website.	LCP	Jan 22

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Consider initiatives to promote more cycling and walking, such as safer and better maintained cycling and walking routes.	- Active Travel project in Garforth and Rothwell, is a coproduction project looking at supporting local behaviour change to promote cycling, walking or even scooting short local journeys instead of using the car. Recommendations from this project should suggest initiatives to try in the area. - Kippax Parish Council Booklet - Kippax parish council produced a booklet of local walking routes last autumn. This was delivered to all households in Kippax, but can also be found online here. - There is also work happening in the area in regards to the climate emergency, and Garforth is one of the pilot community hubs working on this. There is a link here in regards to walking and cycling for environmental reasons, which have a knock on impact on health and wellbeing. - There are also a number of Neighbourhood Planning forums locally who set out infrastructural plans which look to improve cycling and walking routes. Actions: - Follow recommendations from Active Travel project (which should be available from October 21). Recommendations will also be shared with local councillors to use to evidence a change in local infrastructure needs to have better cycling and walking routes. - Publish a similar booklet to Kippax Parish Council but for Rothwell area - Maintain links and encourage local participation with local climate emergency work and neighbourhood planning forums to work together to promote walking and cycling.	LCP LCP LCP	March 22 Dec 22 Ongoing
Look at local free or low-cost	One You Leeds (OYL) remote weight management service is currently running online, will be returning into community hubs this year, face to face.		

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older people.	- All practices will have an identified mental health clinical lead and the PCN will be recruiting to the role of Mental Health Practitioner. This means that there will be more mental health support and qualified mental health professionals available from GP Practices. - There are also 3 Primary Care mental health workers, who are looking to use Multi-Disciplinary Team (MDT) approach to work together and with other professionals to best support local people. - There are a number of support groups run by local organisations such as The Fair Exchange, Garforth NET & Rothwell Live at Home MHA for older people. Although not always labelled as 'mental health support groups, groups do support the mental health of people. Over the pandemic, some older people have been finding online support harder than phone or face to face. This means there will be more available support in the local area as soon as these groups are able to meet face-to-face in a safe way. - As an LCP we do need to improve our knowledge and reach into support and services for children's and families (and subsequently new parents). New parents will be told what support is available to them by their Health Visitor. This might be more clinical or not always local. However, local organisations mentioned in the above point do have knowledge of 'mum groups' in the area, and again, these types of groups may not be as visible or available within current COVID restrictions. Actions: - Establish Mental Health MDT and include non PCN services, support groups and orgs in the area when established - Encourage local support groups to upload their group information onto Co-	Primary Care MH Team	March 22 Ongoing

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	operate website to show wealth of support available in one place.	LCP	
Better access to GP appointments and ensuring that going forward, people have a choice of face to face and digital/phone appointments.	- GP practices are reporting unprecedented capacity issues as we move out of COVID. People have avoided contacting their GP meaning they are now presenting with more complex issues and at a higher rate of demand. GP practices need to also ensure the safety of their patients, so need to safely manage the number of people in a waiting room to allow for sufficient social distancing. - To meet this demand, there will be an increase in GP appointments, both online and face to face, as road map allows. Extended access appointments will be available at weekends at Gibson Lane and New Cross surgeries, and during week from July. - There is a national push for online access and telephone triage to make sure face to face appointments with a GP are used when needed. - The Primary Care Team is also expanding to include roles such as pharmacists, dieticians, mental health practitioners etc. Having these roles in place mean that GP practices can refer people to the professional that can best support their need rather than seeing a GP. - Although there is a push nationally to use digital means, we need to continually check ourselves to not exclude people who don't use digital - be that in accessing appointments or knowing what's happening at practices. Actions: - Training for e-consult promoted to all patients to ensure those who want to use this, are confident in doing so. Support for this available from Age UK Leeds and Digital Leeds team. - Communications via online and newsletters - sharing updates with whole patient population so they are aware of what's happening 'behind closed doors' of their GP surgeries, what they can expect and why when they contact for an appointment, and the wider Primary Care team who can support people more appropriately than a GP.	PCN PCN & PPG	March 2022 Ongoing

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Please use this row to describe any other actions you propose to take as a result of the report.	We will be using this as the basis of the LCPs work plan for 2021-22. We recognise that this plan really highlights the three main issues people are facing coming out of COVID: weight and fitness; mental health; and access to primary care. We may add to this plan over the next year.		