

BIRMINGHAM CITY COUNCIL LOCAL INNOVATION FUND “Doing things differently in neighbourhoods to make better places to live” PROPOSAL FORM													
WARD Kingstanding	INNOVATION TITLE Health & Wellbeing Navigators												
<p>Innovations have to meet the LIF priorities and add value to the City wide core priorities listed below. (Tick all those that apply)</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left; width: 50%;"><u>City Core Priorities</u></th> <th style="text-align: left; width: 50%;"><u>LIF Priorities</u></th> </tr> </thead> <tbody> <tr> <td>• Children - a Great City to Grow Up In <input style="float: right;" type="checkbox"/></td> <td>• Citizens' Independence & Well Being <input style="float: right;" type="checkbox" value="x"/></td> </tr> <tr> <td>• Jobs & Skills <input style="float: right;" type="checkbox" value="x"/></td> <td>• New approaches to investment <input style="float: right;" type="checkbox" value="x"/></td> </tr> <tr> <td>• Housing for Birmingham <input style="float: right;" type="checkbox"/></td> <td>• Active citizens & communities stepping up <input style="float: right;" type="checkbox" value="x"/></td> </tr> <tr> <td>• Health <input style="float: right;" type="checkbox" value="x"/></td> <td>• Clean streets <input style="float: right;" type="checkbox"/></td> </tr> <tr> <td></td> <td>• Improving local centres <input style="float: right;" type="checkbox"/></td> </tr> </tbody> </table>		<u>City Core Priorities</u>	<u>LIF Priorities</u>	• Children - a Great City to Grow Up In <input style="float: right;" type="checkbox"/>	• Citizens' Independence & Well Being <input style="float: right;" type="checkbox" value="x"/>	• Jobs & Skills <input style="float: right;" type="checkbox" value="x"/>	• New approaches to investment <input style="float: right;" type="checkbox" value="x"/>	• Housing for Birmingham <input style="float: right;" type="checkbox"/>	• Active citizens & communities stepping up <input style="float: right;" type="checkbox" value="x"/>	• Health <input style="float: right;" type="checkbox" value="x"/>	• Clean streets <input style="float: right;" type="checkbox"/>		• Improving local centres <input style="float: right;" type="checkbox"/>
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<p>What is your innovative idea and how does it show collaborative, partnership working and active citizenship?</p> <p>Our innovative idea is to support ‘more’ older people to live independent and healthy lives in their homes and communities and also reduce costs and burden on Council and NHS services. More and more people are accessing emergency and acute services, which are often not appropriate for their needs and also cost significantly more than if there was better and more effective support in their community.</p> <p>We require a full-time (or two part time) posts over a 12 month (minimum) period to recruit, train and support local residents to become Wellbeing Navigators and start the process of supporting older residents. During the funded period, our plan is to further develop and extend the Wellbeing Service, and as such to retain the paid post going forward, however, as a worst case scenario we would continue to support the Wellbeing Navigators and deliver the service through the existing WLCA team.</p> <p>We will work collaboratively with the local community and stakeholders in Kingstanding to create ‘Community Wellbeing Hubs’, which extend the reach and impact of our wellbeing service for older residents. We will deliver an ‘out-reach and in-reach’ service, which seeks out isolated, vulnerable and ‘unwell’ older adults, and provides support to improve health, enabling access to meaningful activity and local networks in order to enhance wellbeing.</p> <p>Training local residents as Health & Wellbeing Navigators and equipping them with the knowledge and skills to better manage their own health as well as supporting other residents is a key feature of our approach; building capacity and infrastructure and ensuring long term</p>													

sustainability beyond the current funding availability.

Our Wellbeing Teams will be based at local sites such as community venues, libraries and GP surgeries, engaging residents and delivering a programme of activity that will increase engagement with services and ultimately increase active citizenship.

Witton Lodge Community Association (WLCA) has spent the past 22 years developing and improving the physical environment and supporting the communities of Perry Common and surrounding neighbourhoods. We have an inclusive asset development approach, based on nurturing the wellbeing of the overall community. We have developed our Extra Care Facility, Sycamore Court, into an Independent Living Hub, supporting the 40 residents who live there with health and wellbeing needs, and delivering an out-reach wellbeing service from the Hub across Perry Common and parts of Kingstanding. Our current service engages with local GP's and is successfully delivering outputs and outcomes for Birmingham Better Care.

With Local Innovation Fund support, we will be able to extend our service across Kingstanding – supporting a further 50 isolated older residents, training 10 community volunteers and establishing further community wellbeing access and support hubs.

Our proposal **increases the independence of older people to lead more flourishing lives; enabling them to contribute more in their communities and** costing statutory services less.

Our approach

- Combines budgets (current funding from Better Care Fund, Big Lottery, WLCA revenue and LIF), offering value for money and substantial leverage. WLCA will invest **£2 for every £1 of LIF**.
- maximises community expertise (Experts by Experience)
- works in 'natural' neighbourhoods and across current ward boundaries e.g. Kingstanding and Erdington wards
- Increases capacity to achieve long term benefits for communities, Birmingham City Council and the NHS.

How will we do this?

Through **Collaboration**: We will work with local Voluntary & Community sector organisations, GP Practices, local Councillors and Council Services e.g. Social Services and residents in the neighbourhoods of Kingstanding in order to expand the reach and impact of our current Wellbeing Co-ordinator Service.

All referrals have been assessed using Outcomes Star (a visual impact measurement tool supported by a national database, please see www.outcomesstar.org.uk for further information. It is a recognised tool for a variety of organisations and sectors. The Outcomes Star approach supports a journey of change, which may include receiving varying levels of support and interventions; from being accompanied to medical appointments, support in accessing benefits, social events and activities, volunteering, training through to counselling. Service users and Support Workers can then map support needs and interventions to improve lifestyles.

The key objectives of this service will be;

1. To support the local community, in particular older people, to better manage their health & wellbeing (through social prescribing, which is a non-medical way of engaging people into activities that support better health and wellbeing) and to live flourishing lives and become active citizens in their community.
2. To reduce reliance of residents on statutory services and unnecessary utilisation of emergency care.
3. To reduce social isolation and provide support for better mental health.
4. To increase active use of local resources for wellbeing
5. To work in alignment with Birmingham Better Care's Programme of Place Based Integration of Health and Social Care

Active Citizenship: WLCA has an active volunteer programme (circa 50 volunteers) and we currently have 11 'Wellbeing Volunteers' who act as befrienders, mentors and activity organisers. They are all local Kingstanding Ward residents and we have provided a 12 week Wellbeing Training Programme to upskill and help them to improve their CV's. They have undertaken training in the following areas;

- Mental Health Awareness
- Suicide Prevention
- First Aid
- Adult Safeguarding
- Peer Mentoring
- Listening Skills
- LGBT Health Inequalities
- Equality & Diversity
- Data Protection & Confidentiality
- Lone Working
- Volunteer Code of Conduct

We worked in partnership with Erdington Job Centre Plus to recruit many of our volunteers, from young people wishing to gain training and experience, to people who are in the work-related Employment Support Allowance group and their involvement has developed their skills and employability. We also recruited volunteers who are retired and who want to give something back to their community, whilst keeping themselves engaged in meaningful activity.

Our emphasis for the **Health & Wellbeing Navigators** will be utilising and maximising community assets to assist and support members of the community who need the greatest support, and through austerity, poor health and poor lifestyle choices are at risk of social and economic marginalisation.

Time Frame – is it:-

One off event/programme

Implement and complete within 6 months (2016)

Implement and complete within 12 months (2017)

x

How will the innovation be implemented?

By developing and extending a cohesive Wellbeing Service, through the creation of a team of dedicated Health & Wellbeing Navigators who will be embedded into local areas, working closely with Birmingham City Council (Adult Social Services, Housing, Libraries etc.), local organisations, GP Practices. This team will be co-ordinated by WLCA's Health & Wellbeing Manager, to reduce health inequalities in Kingstanding and will be supported through our Employment and Environmental work streams.

We require funding for one full-time staff post (or 2 x part time) to expand our reach and thus our impact, a delivery budget to support volunteer expenses and training, community based activity (targeting isolated individuals) and for marketing and communications.

The **Wellbeing Navigators** will be public facing and much of their time will be spent on outreach, in and around the local community, and visiting and assessing referrals of older people in their homes. They will collaborate with partners and co-ordinate activities; 'Knit and Natter', gentle physical activity – Extend/Tai Chi, choir, walking groups, books on prescription, art and talking therapy, local heritage groups, silver surfer (IT) clubs, gardening groups, volunteering plus other activities that are identified by individuals.

What outcomes will the proposal achieve? What will success look like and how will its impact be measured? How will you ensure legacy/ continuation and what learning will the project provide?

Outcomes: We will support a further 50 older residents in Kingstanding, improving their independence, health and wellbeing; increasing the use of community facilities, outdoor spaces (such as parks) as well as enhancing and creating new local community networks.

10 local volunteers will be recruited and trained, developing local infrastructure, skills base and active citizenship.

We will keep more people living independently and well, within their communities.

We will reduce the number of 'unnecessary' visits to emergency and acute services.

More people will report feeling more included and better connected to their community

Measuring Impact: We will utilise Outcomes Star to assess and monitor progress and change, working with local people to chart their journey through the cycle of change. We are already

licensed users and trainers of Outcomes Star and the national database will provide hard data and comparisons to other communities and service users who are assessed using Outcome Stars.

We will seek feedback from GP's on number of visits from 'frequent attenders' to surgeries for non-medical support; avoidable visits to A&E.

Legacy: the legacy from this innovation will be embedded into our 'Flourishing Communities' Programme, WLCA's community development strand that is resourced from revenue from our Estate (187 properties in Perry Common) and supplemented through external funding. Our core revenue is from rents and this enables us to sustain initiatives beyond the shelf life of project Funding. It enables us to **resource priorities directly**. Essentially we would seek to retain the post as this would support the ongoing management and development, however, worst case scenario we would continue to deliver the service with the existing WLCA team.

Learning: We will easily measure impact (through Outcomes Star) and we will soon (March) have emerging data from Birmingham Better Care for our current wellbeing service, which will be used to inform the Wellbeing Navigator Programme. We will continuously monitor data from the Wellbeing Navigators and evaluate the service on a quarterly basis in order to report back to Ward Committees and share good practice across forums such as Erdington District Health & Wellbeing Group, Aylesbury Health & Wellbeing Forum, Locality Health Policy sub-group and Kingstanding Wellbeing Steering Group. We will host a dissemination event towards the end of the funded period, produce local newsletters and a thorough evaluation report.

Have you considered other sources of funding and whether the project can be used to leverage further funding from elsewhere (please specify funding sources)?

WLCA revenue
Reaching Communities – Big Lottery
Birmingham Better Care
Aging Better

What resources will be required?

	£
- Capital	3,520
- Running costs	36,225
- People power volunteers	7,000

Amount required from LIF **£ 16000**

Have you got any match funding – in cash or in kind?

Yes; £30,745

Contact person for proposal

NameSarah Blackstock.....

Telephone ...0121 382 1930.....

E-mail: sarah.blackstock@wittonlodge.org.uk.....

Which residents or community groups was the proposal discussed with and when (please give details of any meetings and which councillors attended)?

- Wyrley Birch residents (community research, September 2016)
- Kingstanding residents (Community research, September 2016)
- Sycamore Court Residents Group (December 2016)
- St. Martin's Social Care Project, Perry Common (December & January 2017)
- Kingstanding Wellbeing Project Volunteers (January 2017)
- Wyrley Birch Delivery Partnership-Lakeside Children's Centre (November & Jan 2016)
- Elim Church and volunteers (November 2016)
- Friends of Witton Lakes (December 2016)

Discussed at

Ward meeting

Date

Signatures of all 3 Ward Councillors

Name Signature Date

Name Signature Date

Name Signature Date

Internal use only

Received: Date

Go to Cabinet Committee – Local Leadership for decision: Date

Approved

Yes	
No	