



# Keep Well Collaborative

“Keeping people safe and well at home”

**“Extra Care: The value in supporting the health agenda”**

**Housing LIN South East Regional Meeting 27<sup>th</sup> June 2019**

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# Agenda

1. Introductions
2. Housing = key determinant of health
3. Journey to shared risks & opportunities
4. The *Keep Well Collaborative* commission & progress
5. Supporting the health agenda: Opportunities & benefits for Extra Care
6. The importance of relationships
7. Summary
8. Join the conversation!



# What is a home?



# What does home mean to you?





# Housing = key determinant of health



Using housing as a lens to wellbeing ...



Maslow...



# Housing = key determinant of health



Helping or hindering recovery?





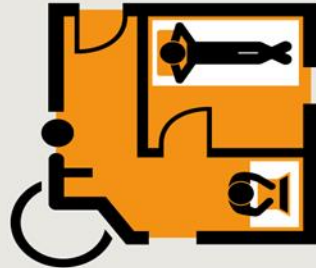
# Housing = key determinant of health



A healthy home is:



Affordable and offers a stable and secure base



Able to provide for all the household's needs



A place where we feel safe and comfortable



Connected to community, work and services

Investing in housing support for vulnerable people helps keep them healthy. Every £1 invested delivers nearly £2 of benefit through costs avoided to public services including care, health and crime costs

**£2** BENEFIT FOR EVERY £1 INVESTED

# Housing = key determinant of health



- ✓ 'Health begins at home' (Family Mosaic) – reduced bed days / missed appointments
- ✓ One Housing – Tile House – reduced admissions, stays and speeded up discharges - saved the NHS £443,964 per year (Crocker 2014)
- ✓ Step down service (Curo) - £400k savings
- ✓ Wellbeing service (WHG) - £4 saved for every £1 spent
- ✓ Adaptations/repairs (Sandwell & Dudley) – reduced care costs
- ✓ Care & repairs (Alliance Homes) - £343k saved in bed days
- ✓ Extra care (Housing & Care 21) - £54k saved in bed days
- ✓ University of Birmingham - £10bn investment repaid in 7 years





# Housing = key determinant of health



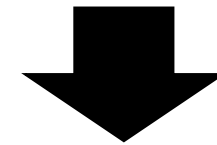
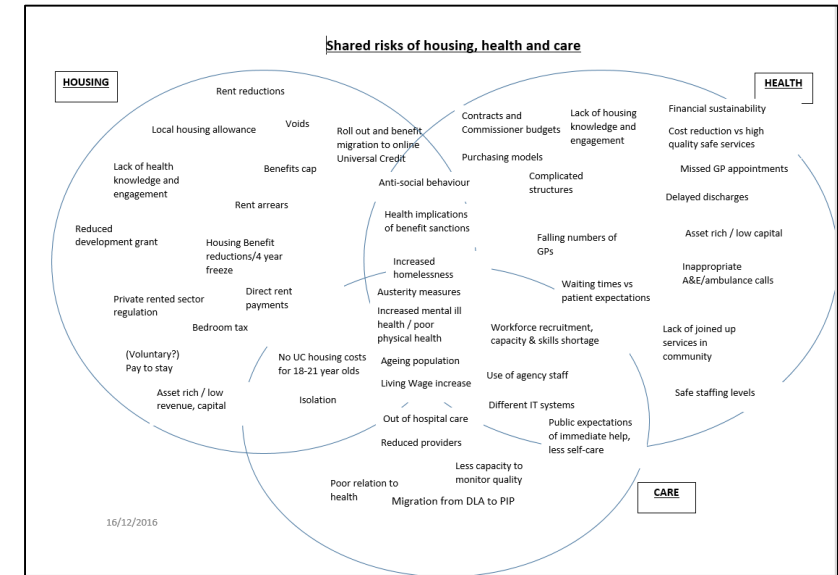
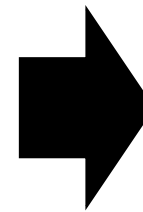
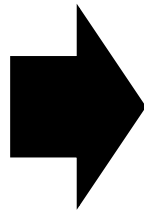
*“Housing is more than just a roof over your head. Having a home is essential to living a full life.*

*We all need somewhere that is safe, secure and stable if we are to focus on our families, our jobs, our health.*

*A home is central to our connection to our community and networks; it contributes to a sense of self-confidence and self-worth, and our place in the world.”*

Source: Mind: “Brick by brick - A review of mental health and housing” (2017)

# Journey to shared risks & opportunities



# Mental Health and Wellbeing Health, housing & social care summit: Unlocking the power of partnerships Sept 2017

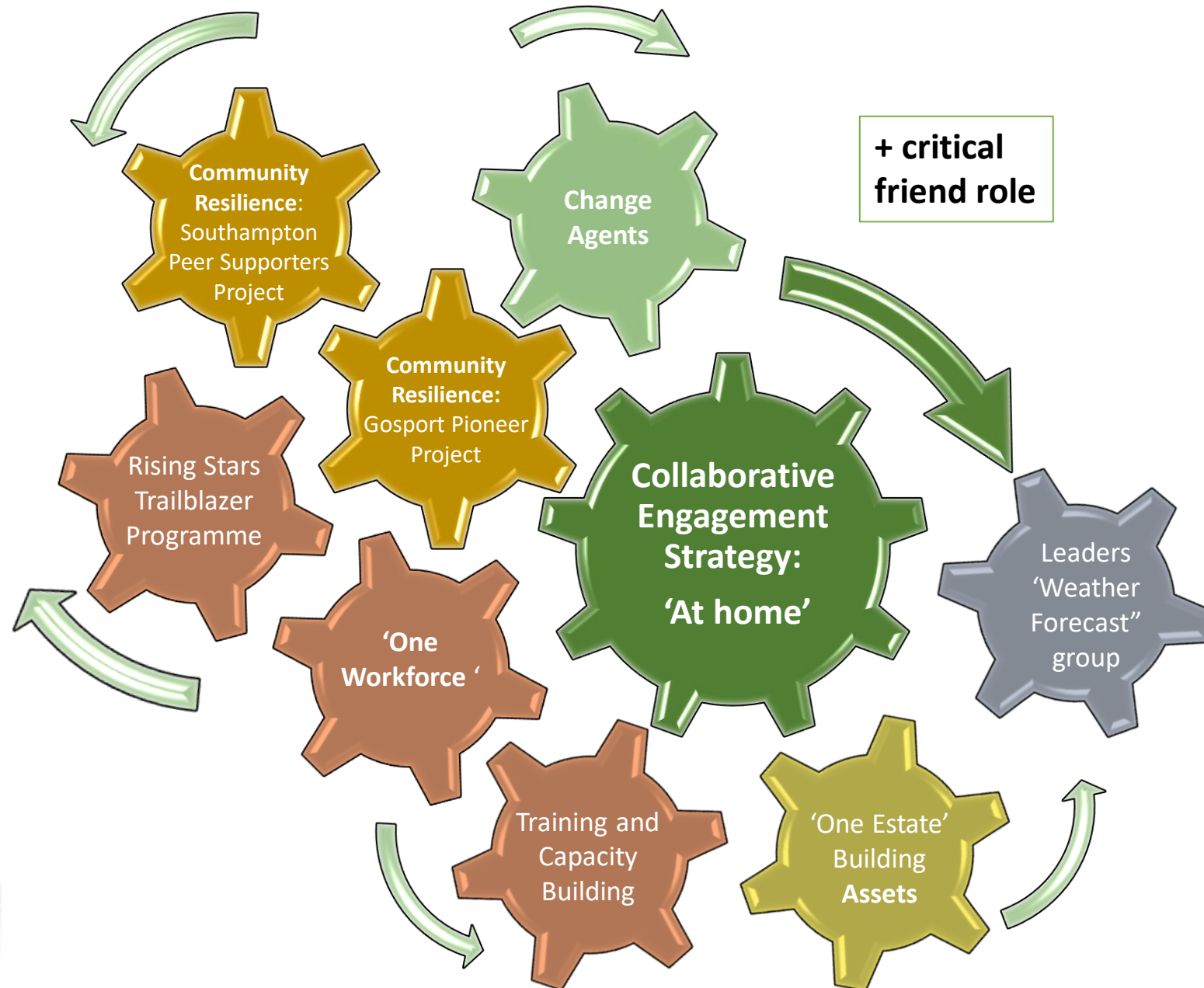


- 50+ attendees
- Four sectors
- 25+ organisations
- Commissioners, providers, user reps
- Nine speakers
- Solutions focused 'World Café'
- Pitches & pledges
- Appetite to do more...working differently together
- Real possibilities for HIOW





# Keep Well Collaborative – HIOW commission



- ✓ Facilitate
- ✓ Translate
- ✓ Keep at the table





# Progress...

## Community resilience

### ✓ Peer Support

Extending offer to housing to encourage community building and support vulnerable tenancies by lay peer supporters with lived experience

### ✓ Gosport Pioneer Project

5,500 social housing tenancies in scope

Hybrid housing: health workers – co-located – social & medical model





# Progress... One Estate

- ✓ Shaping health system thinking of 'social' versus 'asset' value
- ✓ Have a 'quota of homes' to aid hospital discharge (mental health)
- ✓ Supporting capital investment in prevention
- ✓ Facilitating strategic connections – a framework approach
- ✓ Exploring step up/down and Disabled Facilities Grant (DFG) opportunities



# Progress... One Workforce

- ✓ Mental Health First Aid / Connect 5 training
- ✓ Work shadowing / Team meetings
- ✓ Wellbeing Workers
  - ✓ VIVID / Solent NHS Trust (#HHAAwards)
  - ✓ Winchester City Council / Southern Health
- ✓ 'What can housing do with you' workshops





# Supporting the health agenda

## MOL Triumph

- 400 metres long
- Can carry 20,000+ containers
- Needs support to function...



## NHS (England)

- c1.5m staff
- 200+ CCGs / 200+ Trusts
- c7,400 GP practices
- 850+ independent organisations providing care
- Needs support to function...







## Supporting the health agenda

Patients = tenants = customers = service users = staff = friends = neighbours = family

All stakeholders in each others health & wellbeing



# Opportunities for Extra Care?

## 1. NHS Long-Term Plan

- a) Delayed transfers of care (DTOC) – step down?
- b) Primary Care Networks (PCNs)
  - i. Health closer to home
  - ii. Hubs
  - iii. Social prescribing
  - iv. Peer support, lived experience
- c) Workforce
  - i. Staff: shared training/roles, co-location: one-stop
  - ii. Scheme development: keyworker housing



# Opportunities for Extra Care?



## 2. Social care

- a) Out of institutions inc hospital – ‘home first’
- b) Support care team development
- c) Use of Disabled Facilities Grants (DFGs)



## 3. Concordat for Better Mental Health – improving wellbeing

- ✓ Focus on prevention & cross-sector action
- ✓ Working across organisational boundaries
- ✓ Building capacity & capability





## Benefits for Extra Care?

- ✓ Team around the establishment
- ✓ Staff development
- ✓ Improves awareness & communication
- ✓ Increase vibrancy of schemes – part of the community
- ✓ Recognises the importance of housing to health – a solution
- ✓ Redevelopment & funding opportunities
- ✓ Improved outcomes & wellbeing
- ✓ Demonstrates the NHS belongs to all of us









## Summary

- Housing & home is a key determinant of health
- Acts as a lens to wellbeing – helps & hinders recovery
- Housing already shares risks (& opportunities) with health & social care
- Extra Care has its role to play to support local health – coming alongside the ‘NHS container ship’
- Extra Care can benefit from investing time & resource
- Different histories, languages – trust & relationships key
- Patients = tenants = customers = service users = colleagues = family = friends = you & me...



# Keep Well Collaborative

## Keeping people safe and well at home



**Keep Well Collaborative**  
@KeepWellCollab

A #community #NHS #ukhousing #care #3rdsector collaborative, working differently to keep people safe & well at home #collaborate #wellbeing #BreakingSilos

Hampshire & Isle of Wight  
sharedventures.co.uk  
Joined March 2018  
31 Photos and videos

**Tweets**   **Tweets & replies**   **Media**

You Retweeted  
**Alex Nagle** @alexbas18 · Jun 6  
Great partnership with @hantsconnect and @hartcouncil to create a short stay flat at our extra care scheme to enable people to experience extra care living, move from hospital with support before returning home or to receive respite care @WeAreVIVIDhomes Meeting local needs

You Retweeted  
**Solent NHS Trust** @SolentNHSTrust · Jun 6  
@SueHarrimanNHS shares this inspirational stories of our people in their work for our communities #SolentAwards #HeartofSolent Thank you to our #TeamSolent

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Your Tweets earned 1,347 impressions over the last 28 days  
View your top Tweets

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Followed by Eve Bleazard and others  
**DuckDuckGo** @DuckDu...  
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**Andrew Godwin** @andrew...  
Follow

Join the conversation!

Follow us @KeepWellCollab

(Re)Tweet us

Like us

Engage with us

Engage with others

Help us build a viral social movement



# Resources

NHS Long Term Plan:

<https://www.longtermplan.nhs.uk/>

<https://www.kingsfund.org.uk/publications/nhs-long-term-plan-explained>

Primary Care Networks:

<https://www.kingsfund.org.uk/publications/primary-care-networks-explained>

Prevention Concordat for Better Mental Health:

<https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-consensus-statement/prevention-concordat-for-better-mental-health>

Relational Value (Rv):

<https://www.thewholesystem.co.uk/relational-thinking/>







# Keep Well Collaborative

## Keeping people safe and well at home

Thank you for your time. Any questions?



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