



Fareham and Gosport Voluntary Sector Health Forum

Spotlight on Physical Health Conditions

1-2pm

Wednesday 1 May 2024

NHS

Hampshire and Isle of Wight





Spotlight on Physical Health Conditions

- Welcome and Agenda – **Angela Gill** Community First & GVA Health Forum Facilitator
- **Tim Houghton**, Chief Executive, **Community First**
- **Jenny Bowers**, Principle Public Health Intelligence Specialist, **Hampshire County Council, Adults' Health & Care**
- **Colin Beevor**, Matron, **Portsmouth Hospitals University NHS Foundation Trust**
- **Clare Kavanagh**, Engagement Lead, **Xyla health & wellbeing**
- **Date** of the next Fareham and Gosport Voluntary Sector Health Forum (face to face!)
- **Close** of the Health Forum



Tim Houghton

Chief Executive, Community First

Community & Voluntary Sector Update

tim.houghton@cfirst.org.uk



Community First

- **Challenging times** for **VCSE organisations** providing support with health and social care interventions with ongoing pressures on ICB and HCC funding
- **Community First** and **GVA** are continuing to provide support with funding and volunteering
- Opportunities for **collaborations** and **partnerships**
- **Healthy Walks** remain popular. New walk leaders have been recruited and trained. For more info re referrals w4h.fareham@cfirst.org.uk Why not organise a walk for your group?
- **Mobility** is key to keeping people physically and mentally active. Helping people get out and about and remain socially connected via **Community First's Transport** and **Shopmobility** services. Fareham & Gosport Tea & Tiffin - Community First (cfirst.org.uk) and Shopmobility Fareham - Community First (cfirst.org.uk)

Community First

- **Specialist support** for those who use NHS services more frequently. CF's **High Intensity User Service** is supporting 40 clients with drug and alcohol dependency and mental illness to prevent relapse and enable integration in the community
- **Mental Health Awareness Week 2024** will take place from **13 to 19 May**, on the theme of Movement: Moving more for our mental health

[Mental Health Awareness Week 2024 - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)

[Mental Health Awareness Week | Mental Health Foundation](#)

[Mental Health Awareness Week 2024 - Mind](#)

- **HCC** will be launching and promoting **sensory walking** routes
- **HCC Local Solutions Grant** [Local Solutions grant | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/)



Gosport Voluntary Action (GVA)

- **New Menopause Together Group** (supported by Jacky Charman, GVA). More info - via Jacky or on [Facebook](#)
- **Sofa to Saddle** – helping all Gosport families to cycle and learn about cycle maintenance too! (Free 2 hour childcare for Gosport parents.) **Tuesday 28 - Friday 31 May**, at Haselworth School. **Bikes** are available **to lend**, plus there will be a Saturday family ride. For more information contact Charlotte Bowen - Charlotte.Bowen@hants.gov.uk
- **Lee ICANGO** community transport received some funding raised from the [Gosport Community lottery](#) and are willing to spend this money to [help groups in Gosport with days out](#). If you know someone who would [volunteer to drive](#) the mini-buses, please contact Paul – 07787292666
- **Hampshire Communities for People & Planet** (4 month project) – funded by HCC, managed by Action Hampshire. GVA are leading locally - supporting 3 local community groups ([‘Community Spirit’](#), [‘ADHD & U’](#) and [‘Marvels & Meltdowns’](#)) - to strengthen engagement with **underserved communities**, to inform future **climate action** and resilience initiatives
- **Gosport Ukrainian Hub** – GVA has secured 1-year **‘Awards for All’** funding - to continuing providing support & information. [Ukraine Dress Day](#) is **Thursday 16 May**. GVA’s [Gosport celebration](#) – **Saturday 11 May**, Nicholson Gardens, Gosport. **All are welcome** to join Gosport’s celebration – please contact:- Larysa, Dawn or Jacky – via GVA for more info



Gosport Voluntary Action (GVA)

- GVA have completed a **Core20PLUS5** Health Inequalities Project – it was commissioned by the ICB for Hampshire & IoW, and covered Fareham & Gosport. The comprehensive report will be shared with Health Forum members shortly
- GVA are looking for **Advocacy volunteers** – this is a rewarding volunteer role; over £10,000 was awarded to Advocacy clients this past quarter for: Attendance Allowances/back-payments, payments for Wet Rooms, Ramps, Handrails...
- The **Bringing Gosport Together** (BGT) Network brings together local voluntary, community, and faith-based organisations, as well as businesses, public services and community champions - to connect, share best practices and work together on local initiatives. Next Bringing Gosport Together will be at **12-2pm** on **Wednesday 22nd May** at **Waterfront Baptist Church**, 102 Grove Rd, Gosport, PO12 4JN
- **GVA** is in discussion with **Community First** re a proposed merger by 1 October 2024

Middle Years Project - 'Your Future, Your Health'

Programme overview April 2024

Contact details
Jenny Bowers
YFYH@hants.gov.uk

**YOUR
FUTURE**
Your Health

Introduction: Programme context

Your Future Your Health is a public health project focusing on the middle-aged population group, broadly aged from 30 to 60yrs.

Public Health Strategy 2023-2026

Healthy Adults

- support residents, especially those at most risk, to stop smoking, drink responsibly, maintain a healthy weight and be physically active
- ensure residents most at risk of cardiovascular disease can access an NHS health check every five years, and are supported to adopt healthier habits and to access health services to help them reduce this risk
- develop an innovative work programme that supports people to be healthier in mid-life, building on existing interventions

The overarching project ambition is to target middle-aged people to age healthily by improving health and reducing health risks. The programme will be delivered over a three-year period Apr 24 to Mar 27.

Key work areas

First year focus areas are:

- Develop the [Your Future Your Health](#): middle years website and communication and marketing strategy.
- **Develop and deliver a [skills, health and wellbeing programme in partnership with Department for Work and Pensions and Citizens Advice](#).**
- Develop and deliver a menopause and health face to face course to the programme target areas and a universal digital offer.
- Commission a middle years physical activity programme which has a significant element of community outreach using local partners and assets.
- Explore options to develop a workplace health programme to be implemented in year two.

Comms and marketing campaign

Website and Comms campaign have gone live



Join a free four-week skills, health and wellbeing programme in Gosport or Havant

Your Future, Your Health are piloting a skills, health and wellbeing programme in the Town Centre and Forton areas of Gosport and Leigh Park in Havant.

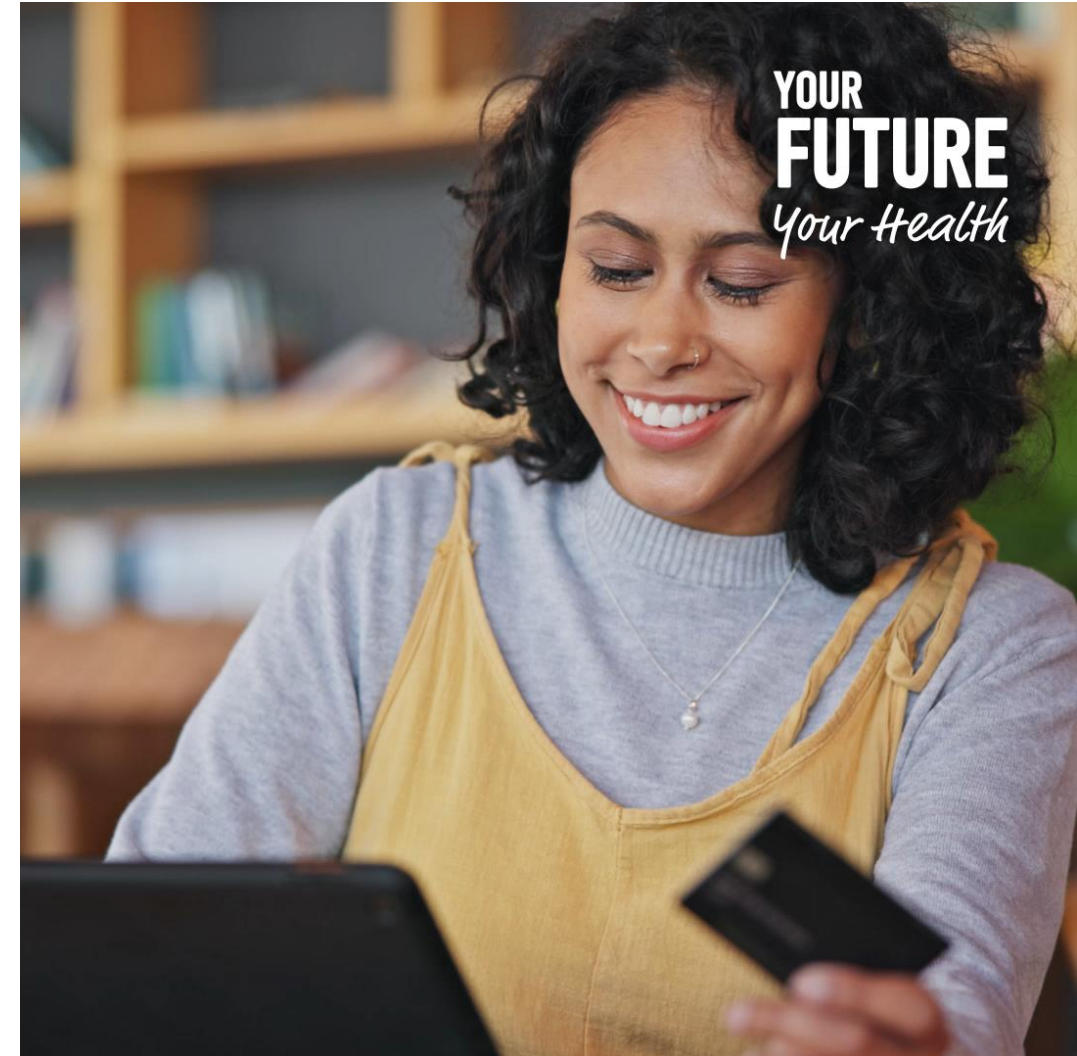
Designed for adults aged between 30-60 years, these sessions aim to provide you with new knowledge and skills to help grow confidence, discover local opportunities and improve your health and wellbeing. Whether you are looking for job advice, local volunteering opportunities, to meet new people or would like to develop life skills such as managing and budgeting money, these sessions will give you practical tips and information on where to go and what to do to support your choices.

Topics covered in these sessions include:

- Life skills, money and budgeting
- Food and eating well
- Walking for fun and planning routes
- Movement for health and wellbeing

Registering with the programme will sign you up for all four sessions, one a week over four weeks. They are being held in local venues. If you are interested in taking part in one of the programmes in either Gosport or Havant, you can **check available dates** and **register your interest** by clicking below.

[Register your interest](#)



↑
Social marketing (Google/Facebook) campaign for both areas

YOUR FUTURE
Your Health

Skills, Health & Wellbeing Programme Overview

Aims:

- Develop your work and life skills
 - Learn to manage your money
 - Expand your career opportunities
 - Boost your health and wellbeing
 - Explore new opportunities
-
- 4-week course, 1 session per week – running once a quarter per district
 - Maximum of 15 participants on each course
 - Actively targeting residents in project focus areas – Leigh Park (Havant), Town Centre & Forton (Gosport)
 - Targeting economically inactive people (30-60yrs) – long term sick/disabled

In partnership with:



Skills, Health & Wellbeing Programme Gosport Detail



Join a free 4-week skills, health and wellbeing programme

Designed for people aged between 30-60 years and delivered across four sessions, we'll help you discover new skills, as well as provide you with tools and resources to help give your health, wellbeing and confidence a boost.



Topics we'll cover:

- Life skills, money and budgeting
- Food and eating well
- Walking for fun and planning routes
- Movement for health and wellbeing

Courses take place at:

Gosport Voluntary Action
Martin Snape House
Gosport
PO12 1FG

You'll also get:

- Free refreshments and lunch provided by Gosport Voluntary Action
- Plus freebies and goodie bags

Sessions will be run over 4 weeks

From: **10am to 1pm**

Every: **Tuesday**

From: **7 May 2024 to 28 May 2024**

9 July 2024 to 30 July 2024

1 October 2024 to 22 October 2024

14 January 2025 to 4 February 2025

What you'll cover during each session:

Session one: Skills, money and budgets

- Develop new skills and learn about opportunities to help start work or grow confidence in yourself
- Learn about work skills, training, money and budgeting
- Get a free goodie bag

Session two: Food and nutrition

- Learn about food and what the food labels really mean
- Learn how to cook for a family of any size
- Get a free slow cooker and recipe book

Session three: Walking for fun

- Learn how to read a map, create a local walk using a map and then do the walk
- Go on a group walk learning to use the map created, which is yours to keep and re-use
- Get a free walking map with local walking routes and pedometer

Session four: Moving for fun

This session will be taking place from Gosport Discovery Centre, High Street, Gosport, PO12 1BT

- Learn about the importance of movement for our health and wellbeing
- Learn exercises which can be done at home and help strengthen our bodies to help us age better
- Get a free exercise mat and exercise bands



How do I sign up?

Places are limited. Register your interest to sign up for all four sessions at hants.gov.uk/YourFutureYourHealth or email YFYH@hants.gov.uk

In partnership with:



In partnership with:



YOUR FUTURE
Your Health

Next steps

- Continuous marketing and promotion of the courses happening every quarter.
- Steering group set up to discuss programme, review data and outcomes of each block. Will meet quarterly after each block.
- Initial work started to commission a supporting evaluation framework, informed by identified outcomes and measures.
- Ongoing review of process and implementation via workstream steering groups (**Plan Do Study Act**)

Any Questions?



Please contact me if you have any further questions

Your Future Your Health [Website link](#)

Jenny Bowers

Email : YFYH@hants.gov.uk

**YOUR
FUTURE**
Your Health



Portsmouth Hospitals
University
NHS Trust

Living well with Arthritis and Connective Tissue Diseases

Colin Beevor

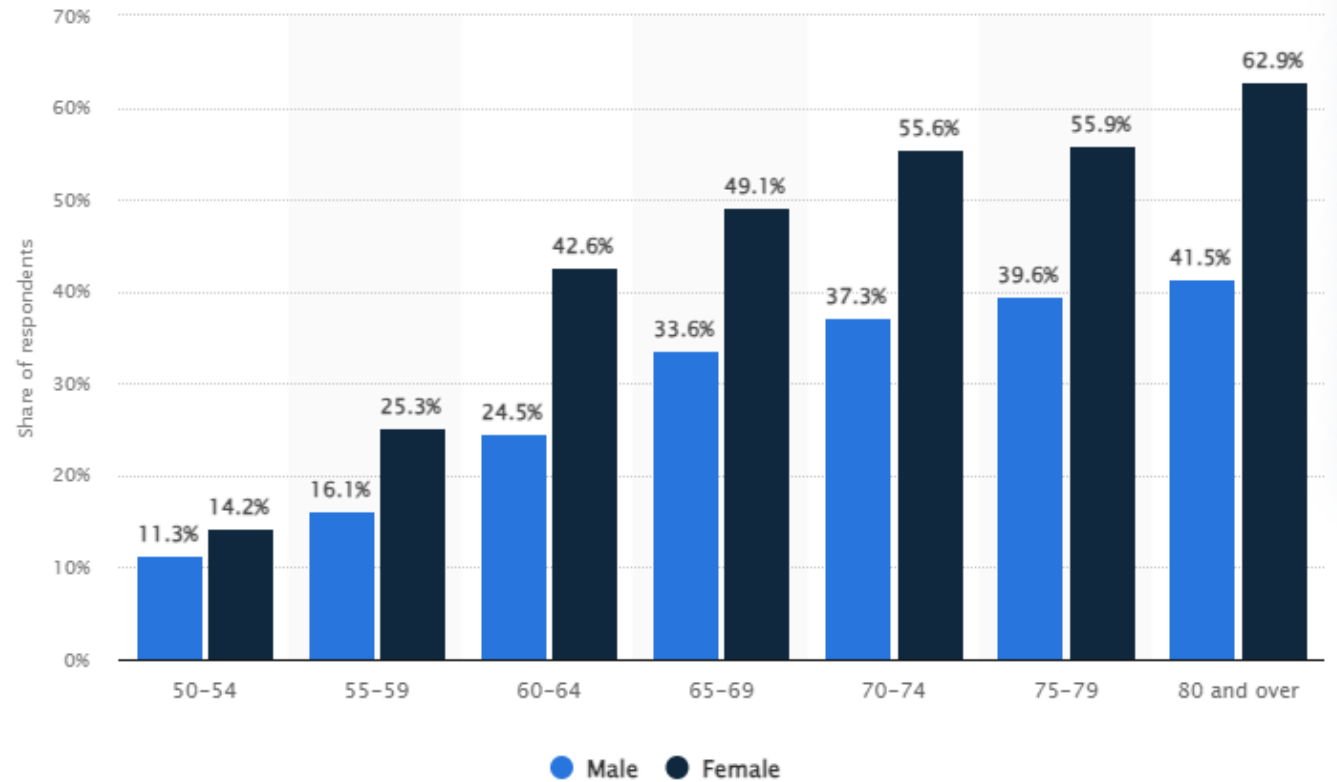
Matron, Senior Clinical Nurse Specialist and
Service Manager

Over 200 different types of arthritis and Connective Tissue

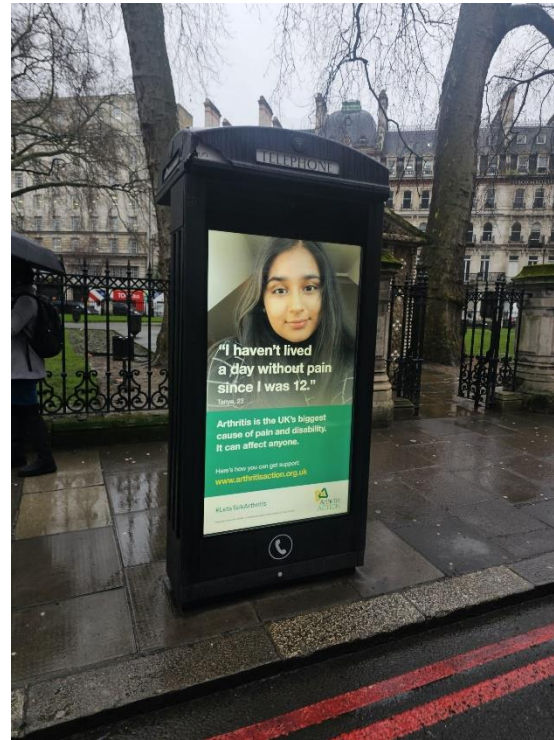


Age and Arthritis

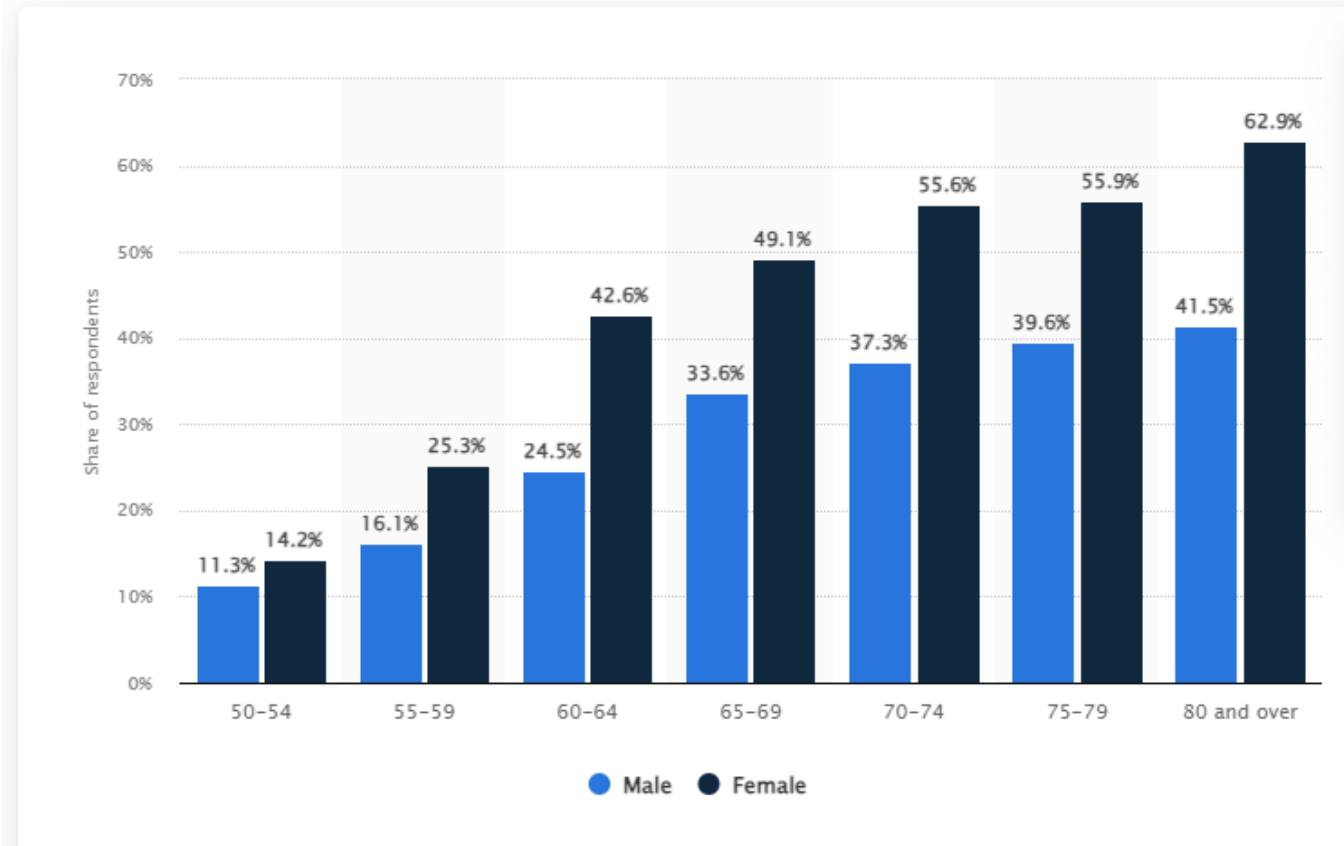
Prevalence of diagnosed arthritis among those aged over 50 by gender and age



Age and Arthritis



Prevalence of diagnosed arthritis among those aged over by gender and age

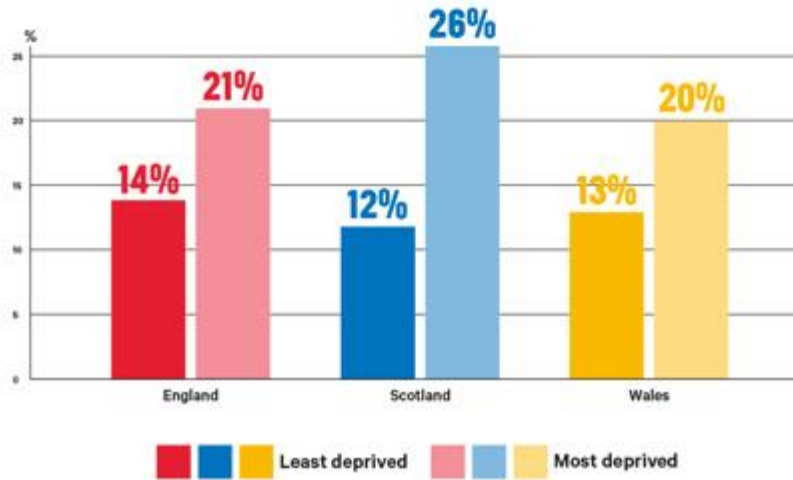


www.arthritisaction.org.uk/news-events/adshels-to-spread-the-word-about-living-with-arthritis/

www.statista.com/statistics/983315/england-arthritis-among-older-people/

MSK CONDITIONS

Percentage reporting a long-term MSK condition



Arthritis and MSK conditions can also impact a person's ability to work



1 IN 3

current UK employees have a long-term health condition.



1 IN 10

current UK employees have an MSK condition.



1 IN 3

employees with a long-term condition have not discussed their MSK condition with their employer.

Percentage in employment

MSK condition

62.4%

No long-term condition

82.1%

Percentage economically inactive

MSK condition

34.9%

No long-term condition

15.2%



CHRONIC PAIN

The prevalence of chronic pain differs between some ethnic groups



Impact on healthcare, social services, and the economy



The cost of working days lost due to osteoarthritis and rheumatoid arthritis was estimated at £2.58 billion in 2017 rising to £3.43 billion by 2030.

The Self-Care Continuum

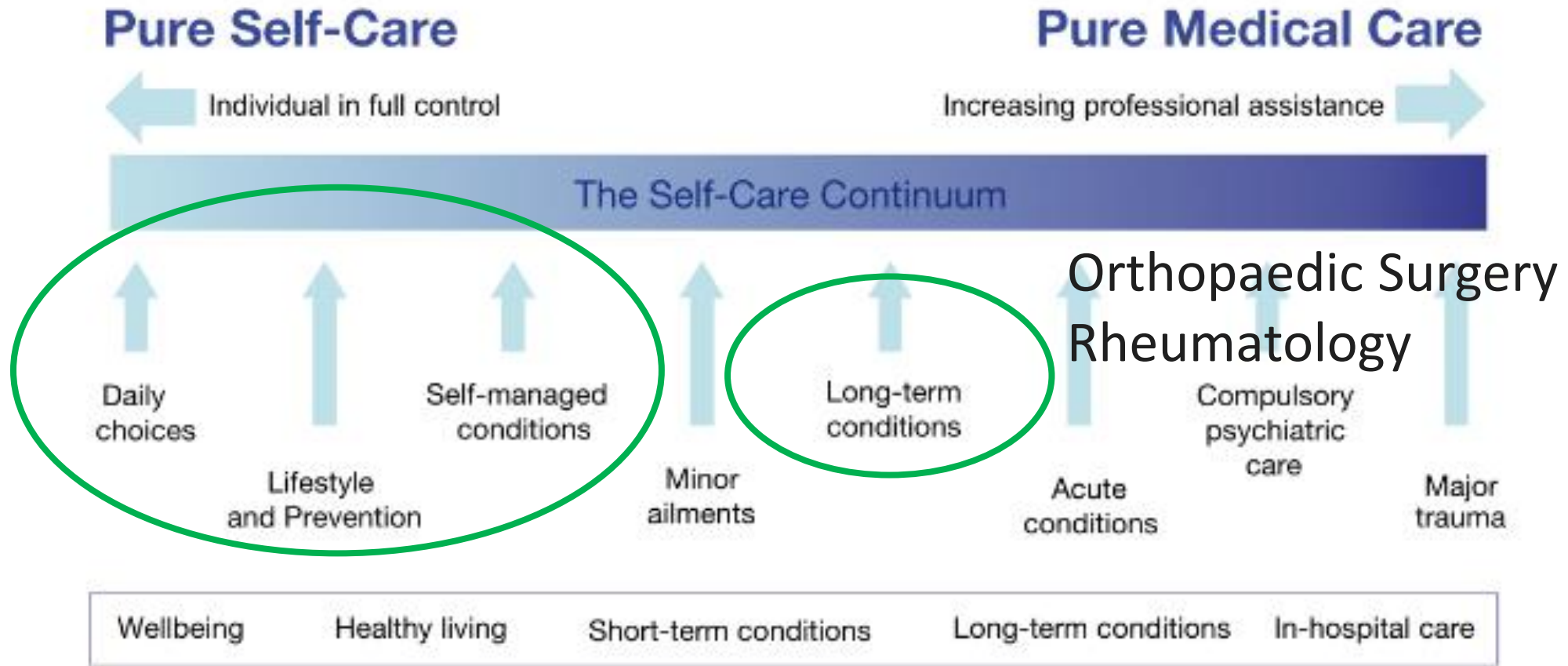
Pure Self-Care

Pure Medical Care



Osteoarthritis

The Self-Care Continuum



Local Community Resources-
Physical and Mental Health
and wellbeing
3rd Sector- Patient Support
Organisation



Podiatry
Physiotherapy
Persistent Pain
Occupational Therapy

Inflammatory Arthritis and
Connective Tissue Diseases

The Self-Care Continuum

Pure Self-Care

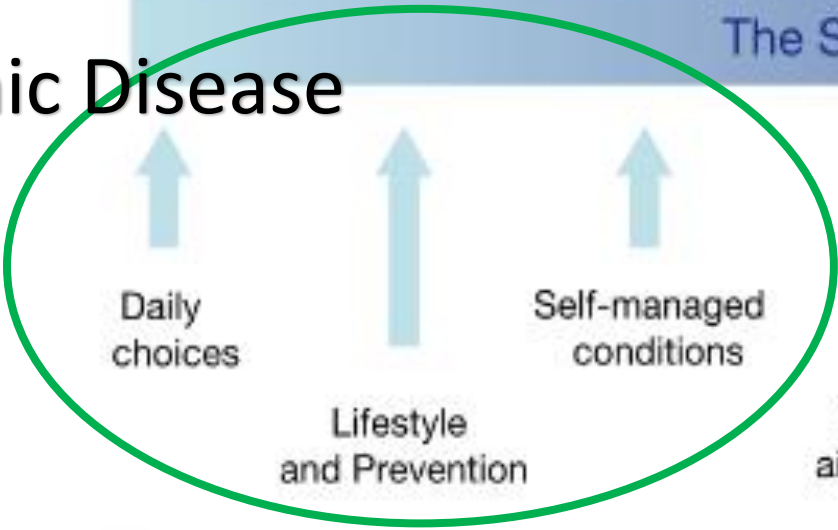
Pure Medical Care

← Individual in full control

Increasing professional assistance →



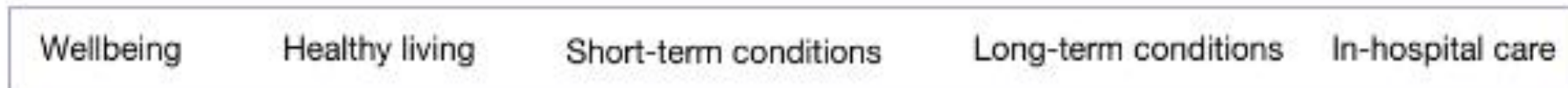
Systemic Disease



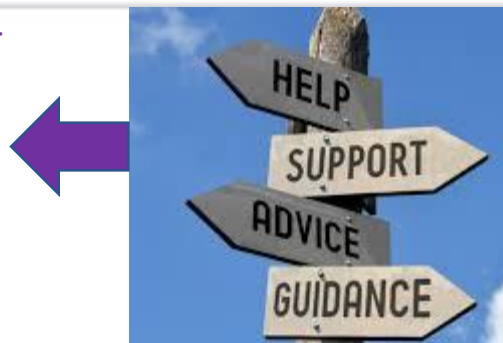
Flares
Medication Toxicity
Red Flag- Disease activity
Complication
Comorbidities

Rheumatology
Orthopaedic Surgery

Minor ailments ← → Acute conditions
Compulsory psychiatric care
Major trauma



Local Community Resources-
Physical and Mental Health
and wellbeing
3rd Sector- Patient Support
Organisation



Podiatry
Physiotherapy
Persistent Pain
Occupational Therapy



Osteoporosis

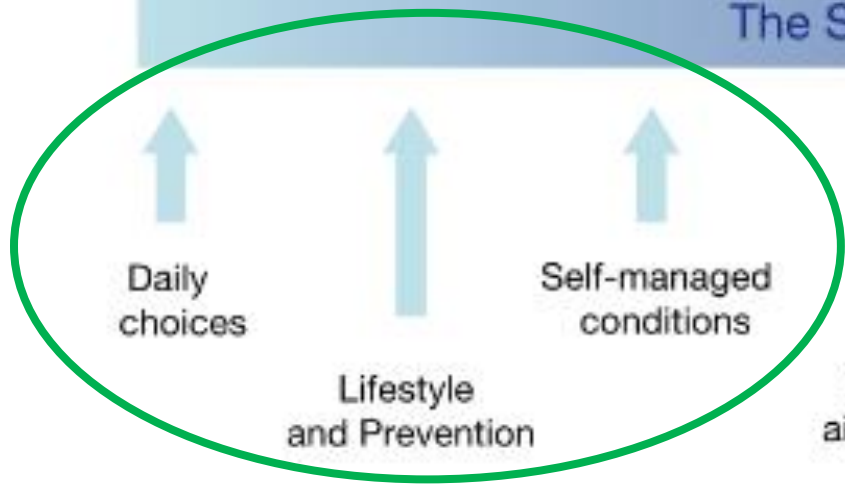
The Self-Care Continuum

Pure Self-Care

Pure Medical Care

← Individual in full control

Increasing professional assistance →



Orthopaedic Surgery
Rheumatology

Minor ailments
Acute conditions
Compulsory psychiatric care
Major trauma



Local Community Resources-
Physical and Mental Health
and wellbeing
3rd Sector- Patient Support
Organisation



Podiatry
Physiotherapy
Persistent Pain
Occupational
Therapy



The 5 Symptoms Arthritis Patients Care Most About Tracking

1



Fatigue

2



**Physical
function**

3



**Pain
intensity**

4



**Pain
interference**

5



**Joint
stiffness
duration**

The 5 Symptoms Arthritis Patients Care Most About Tracking

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Physical function

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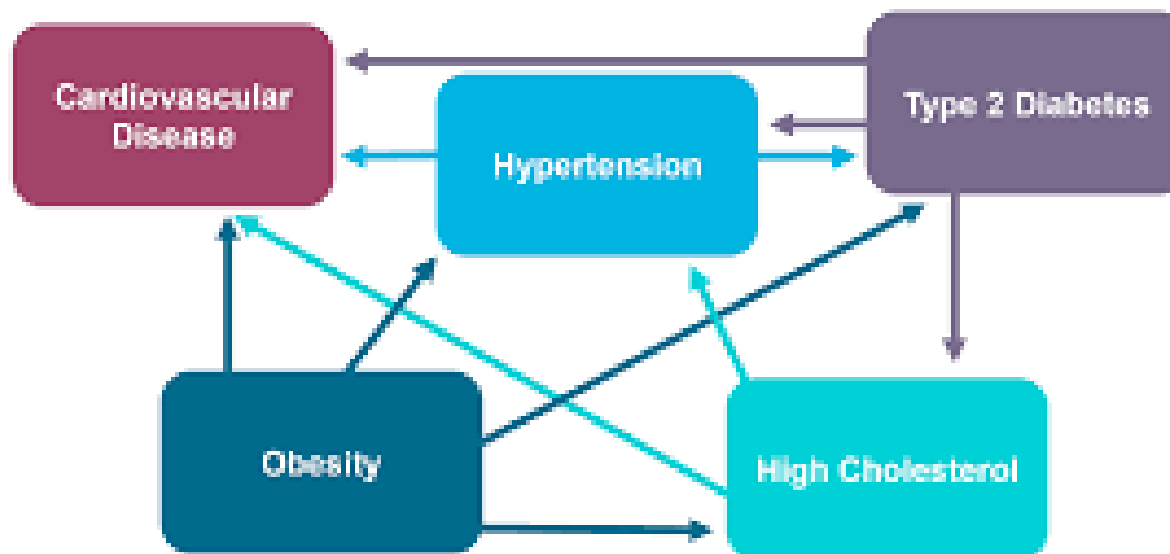


Joint stiffness duration



What Is Polypharmacy?

Things You Should Know if You Work in a Pharmacy



The 5 Symptoms Arthritis Patients Care Most About Tracking

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Physical function

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Pain intensity

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Pain interference

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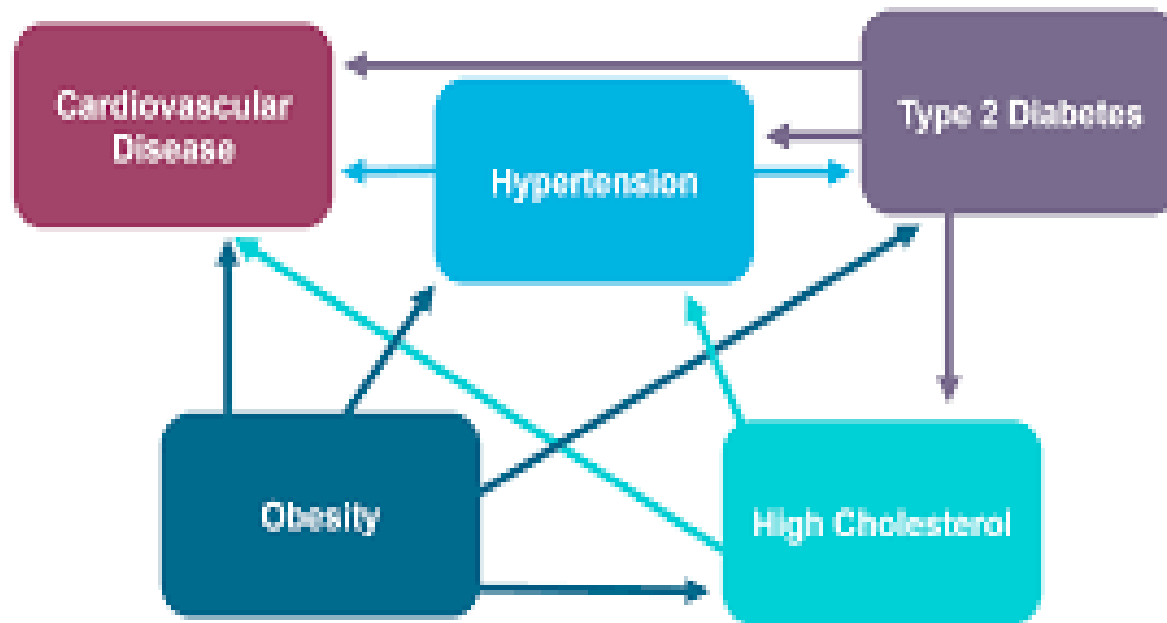


Joint stiffness duration



What Is Polypharmacy?

Things You Should Know if You Work in a Pharmacy



The 5 Symptoms Arthritis Patients Care Most About Tracking

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Fatigue

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Physical function

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Pain intensity

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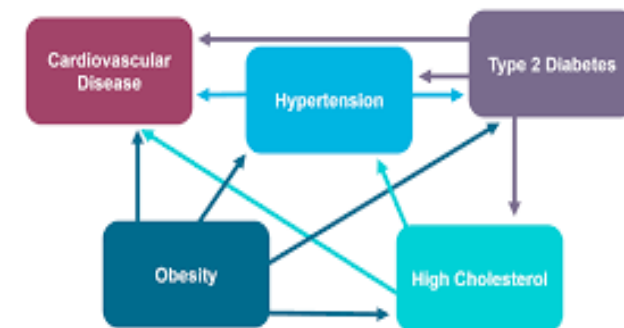


Pain interference

5



Joint stiffness duration

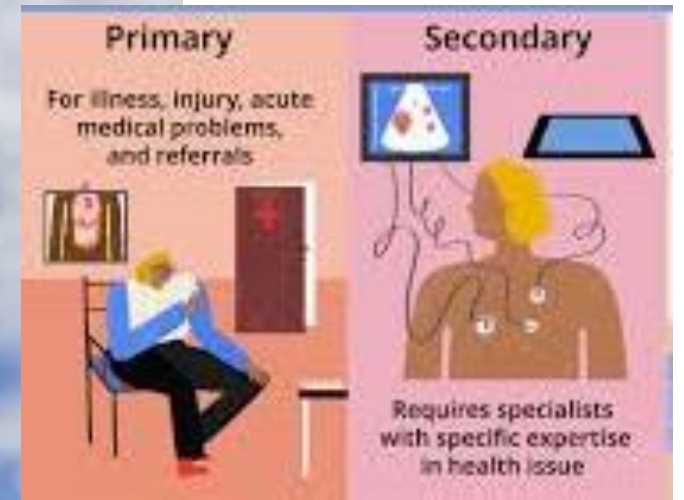




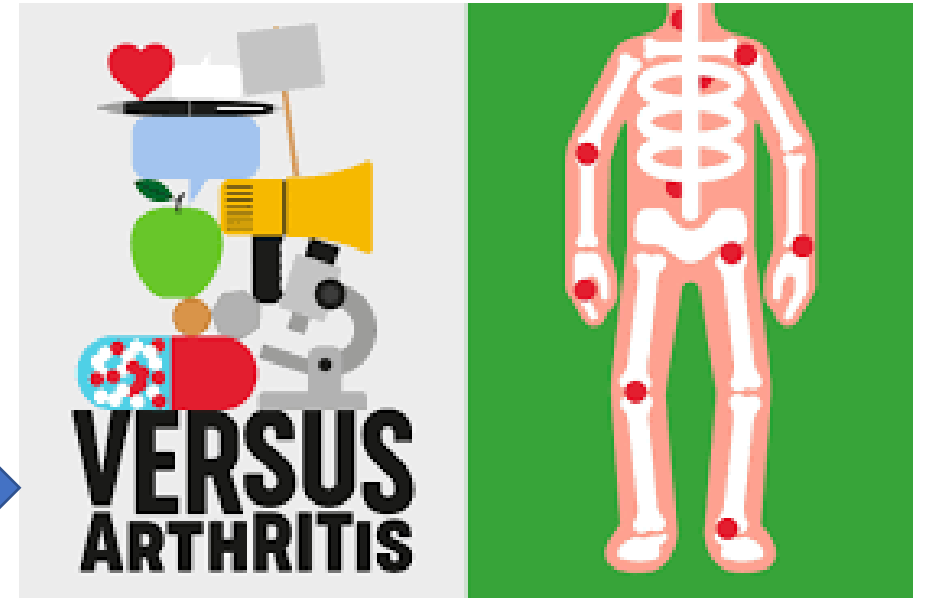
GENERAL



Rare



Sign Posting



Supporting Self Care

www.arthritisaction.org.uk



<https://versusarthritis.org>

Enjoying Life to the Full



Musculoskeletal Health Inequalities and Deprivation

Report of ARMA's Inquiry



January 2014

<https://arma.uk.net>





Colin.beevor@porthosp.nhs.uk

Xyla Health & Wellbeing

**NHS Diabetes Prevention
Programme (NDPP) &
Type 2 Diabetes Path to
Remission (T2DR)**

Presented by:

Clare Kavanagh
Engagement Lead

clare.kavanagh2@nhs.net



What is Prediabetes?

Prediabetes is when our blood glucose (AKA blood sugar) is higher than normal. It's not high enough to be considered Type 2 diabetes yet, but without lifestyle changes, adults with prediabetes are more likely to develop Type 2 diabetes



What is Gestational Diabetes?

Gestational Diabetes is diabetes diagnosed for the first time, during pregnancy (gestation). Like other types of diabetes, Gestational Diabetes affects how your cells use sugar (glucose). This will generally return to normal after giving birth however 1 in 2 people who have a history of Gestational Diabetes, will go on to develop Type 2 Diabetes within 5 years



Complications

Did you know?

Complications of Type 2 diabetes include:

- Cardiovascular disease (stroke, heart attack)
- Kidney disease
- Eye problems and blindness
- Circulation problems
- Slow wound healing
- High rate of infections
- Amputations



Programme Summaries

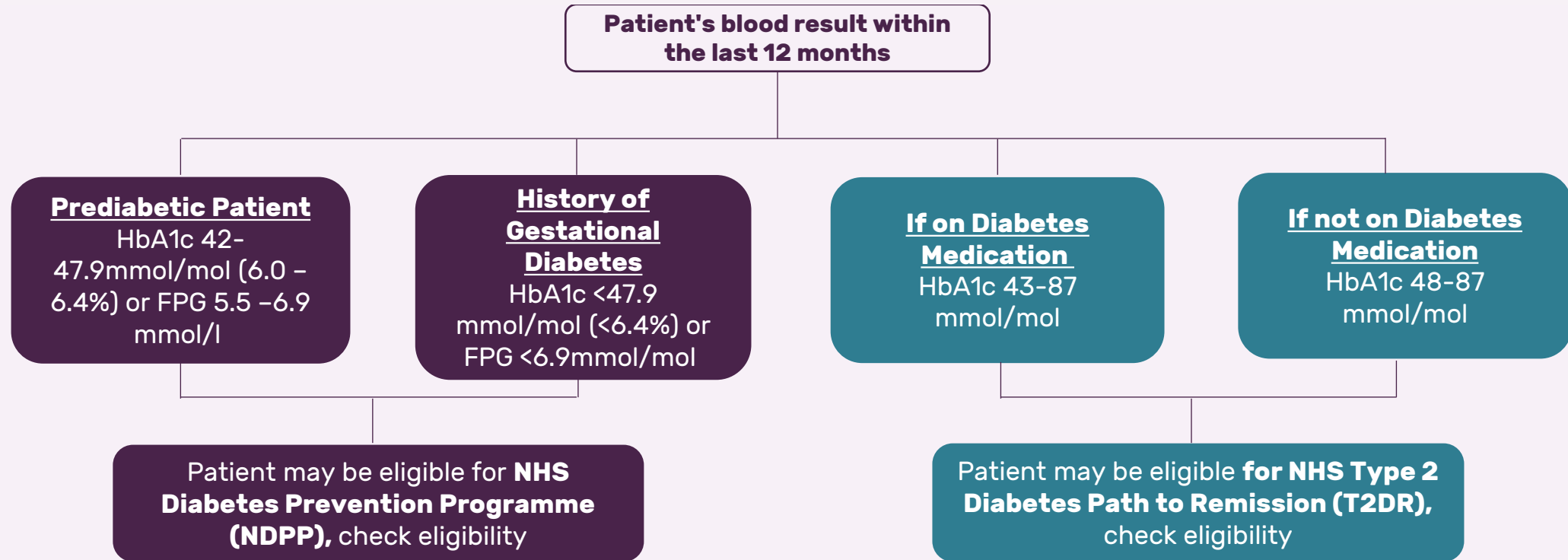
Programme	Who's it for?	How do I refer patients?
NHS Diabetes Prevention Programme 9 mths	<ul style="list-style-type: none">• Individuals living with prediabetes• Individuals who have a history of gestational diabetes	GP referral Self-referral
NHS – Path to Remission 12 mths	Individuals living with Type 2 diabetes	GP referral

Patient Pathway

What is Hba1c?

HbA1c is your average blood glucose (sugar) levels for the last two to three months.

Check your NHP app.



Gestational Diabetes - Post birth (diabetes testing) previously...

Post birth diabetes testing • Gestational Diabetes UK



7x Increased risk in women with gestational diabetes developing type 2 diabetes in later life.

(Diabetes UK)

50% of women diagnosed with gestational diabetes develop type 2 diabetes within 5 years of the birth.

(NICE)



*Past Recommendations:
FPG at 6 weeks post-partum OR a HbA1c 13 weeks post-partum -
to check Normoglycaemia status.*

NOW – Self-referral

Next steps: Signposting

Attend a T2DR information session

Would you like to hear more about the NHS Path to Remission Programme and how we could support you? Then why not sign up to one of our upcoming Patient Information Sessions. This programme is a free service which commenced on the 1st April in HIOW.

Information sessions are available to join for now:

<https://bit.ly/PatientInformationSessionT2DR>

Attend a NDPP information session

Would you like to hear more about Diabetes Prevention Programme and how we could support you? Then why not sign up to one of our upcoming Patient Information Sessions.

This programme is a free service. Information sessions are available to join for now:

<https://bit.ly/PatientInformationSessionNDPP>

National Diabetes Prevention Week – w/c 20th May 2024

HLOW Facebook page – follow for updates on timings

<https://www.facebook.com/profile.php?id=61551573208475>

Anyone interested in supporting/having a stand;
and you support Long Term Conditions?...

The Events are:

Mon 20th May - Horizon Well Being Hub, Havant

Wed 22nd May - Portsdown View Care Home, Havant

Thurs 23rd May - Fratton Park Tesco (full)

Please share the posters on your social/newsletters!

Thank you

TYPE 2 DIABETES
KNOW YOUR RISK



High risk of type 2 diabetes? Find out in 2 minutes.



Take the test today
and reduce your risk.

Search 'Know Your Risk'

TYPE 2
DIABETES PREVENTION WEEK

HEALTHIER YOU
NEW DIABETES PREVENTION PROGRAMME

NHS

Reduce your risk of type 2 diabetes

Do you know if you are at risk of developing type 2 diabetes?

Would you be interested in a free programme that has helped more than 500,000 people in England to reduce their risk of type 2 diabetes?

We'll cover all of this and more in our upcoming patient information event.

Venue: Horizon Wellbeing Hub, Havant.
Date: 20/5/24
Time: 11.30 and 12.30

Healthier You talks are part of the wider Diabetes Prevention Week local showcase on the day, advice & free health checks available too.
Come along!

Blood pressure
Know Your Risk!
Body Mass Index

horizon
Helping healthier, happier communities

Service provided by **xyla** health & wellbeing
Part of Acacium Group



clare.kavanagh@
xylahealth.com



07855 973359



Website:

<https://xylahealthandwellbeing.com/our-services/diabetes-remission/type-two-diabetes-remission/>

Facebook:

<https://www.facebook.com/xylahealth/>

LinkedIn:

<https://www.linkedin.com/company/xyla-health-and-wellbeing/mycompany/>

Twitter:

<https://twitter.com/xylahealth/>

T H A N K
Y O U



Thank You



- ❖ **Thank you** to all who have supported &/or attended today's Health Forum Webinar
- ✓ The recording and PP will be saved on Community First's and GVA's webpages by Wednesday 8 May
- **Dates** of the 2024 Fareham and Gosport Voluntary Sector Health Forum Webinars/Meeting...
 - Thursday **12 September, 10.30-12.30pm** (Networking & Showcase Event - at Gosport Borough Council, Council Chambers, Town Hall, High St, Gosport, PO12 1EB)
 - Tuesday **12 November, 1-2pm** (Webinar)
- **Please feedback** via Chat or email - including re future Health Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** 4-6 weekly by Jane Bray
- **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please ask them to email Jane:- healthforums@cfirst.org.uk
- ❖ Have a **Happy, Healthy Summer!**

Community First

163 West St, Fareham, PO16 0EF



<https://www.cfirst.org.uk>



healthforums@cfirst.org.uk



0300 500 8085



Gosport Voluntary Action

Martin Snape House, Pavilion Way, Gosport, PO12 1FG



www.gva.org.uk



officesupervisor@gva.org.uk



02392 583836



Hampshire & IoW Integrated Care Board

Omega House, 112 Southampton Road, Eastleigh, SO50 5PB



<https://www.hantsiowhealthandcare.org.uk/icb>



hiowicb-hsi.communications@nhs.net



0300 561 2561