



Welcome to the July/August issue of our newsletter for the Bedfordshire, Luton, and Milton Keynes Health and Care Partnership. In last month's issue, I referenced the change that was coming on the very near horizon. That was, of course, the close of the Clinical Commissioning Group and the dawn of the Integrated Care Board.



As you'll see, several stories within this issue celebrate the closure of one organisation and herald the start of the other.

As ever, it's not a single act that made it all happen, but a series of actions powered by teamwork and collaboration.

I also wanted to take this opportunity to thank so many colleagues across our Partnership for their dedicated work at a time when our system has been facing great pressures.

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We've come through a global pandemic, yet now we face another spike in COVID-19 cases. All our health and care services are facing increasing challenges, which have been exacerbated by workforce challenges, and the very real heat-health impact that is being driven by climate change. And still our people give and give and again in working to maintain levels of professionalism and care of which we all need to be proud. Please pass on my sincere appreciation for all that you and your teams do.

And on that note, do use this publication as a means of letting our Health and Care Partnership audience know about the great work you do for the residents who need us most within our region. They are the reason we get out of bed in the morning, put in those long hours, and go the extra mile for. If you have a news story you want to share, please do get in touch. You can email this address blmkicb.communications@nhs.net and make it clear that it's for inclusion in *Live Well*.

As I write with the seasonal temperatures are pushing that mercury ever upwards, please take care of yourselves and take up all offers across the partnership for self-care. Otherwise, how can you draw from the well for others if it is dry for yourselves?

Felicity



History is made: Integrated Care Board opens for business

Friday, 1 July saw NHS Bedfordshire, Luton and Milton Keynes Integrated Care Board replace the CCG, which was launched in 2012.

The Integrated Care Board is responsible for working with local councils, NHS organisations and the voluntary sector to support residents from across Bedfordshire, Luton and Milton Keynes with their health and to achieve the best quality of life possible.



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Integrated Care Board inaugural meeting

The new Board members met formally for the first time on Friday, 1 July.

If you would like to review the agenda and read the papers, **click the link below.**



[Read more](#)



New appointments made to the Integrated Care Board



Maria Wogan, Chief of System Assurance and Corporate Services

Congratulations to **Maria Wogan** on her success in becoming the ICB's Chief of System Assurance and Corporate Services.

"I am delighted and excited about taking on this new role and working to help people in our communities live longer in good health. Part of my role will be to work with local people and communities to tackle health inequality and it is a real privilege to be able to serve in this way."



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Martha Roberts, Chief People Officer

The ICB has also welcomed **Martha Roberts** as its new Chief People Officer. Over the last year Martha has been Director of People and Organisational Development for the Bedfordshire, Luton, and Milton Keynes Clinical Commissioning Group (CCG) and the Integrated Care System. On the news of her appointment Martha said:

"This role gives me the opportunity to support colleagues to work together to address inequalities across our area and to help build an ever-better place for them to work in."



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New mental health facility coming for children and young people

NHS England provides funding for a dedicated eight bedded centre that will provide specialist, short-term care for children and young people with severe or complex mental health difficulties.



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Healthwatch MK and Ride High focus on young people's mental health

Young people's mental health provision is currently a priority across the BLMK ICS, and Public Health are reviewing what works and what is missing from current services.

As part of that review, Public Health invited Healthwatch Milton Keynes to help them co-produce initiatives to gather feedback from local young people. The aim is to understand what changes would have the most impact.

Healthwatch MK contacted the fabulous team at Ride High, and the young people they support, to co-host an evening of focused conversation around young people's mental health. The group of young people involved are all currently in the Ride High structured educational 'Challenge' programme.

All those involved in the discussions said they felt their opinions, ideas and concerns had been acknowledged. As all too often, young people say they don't have a voice, being listened to in this way is hugely positive. All participants have already expressed excitement and willingness to be part of the next stage of the coproduction process.

For both organisations it was a genuine privilege to spend time with such an engaged, thoughtful, and articulate group of young people. Public Health have already been able to implement some of the key points in the feedback.

Ride High and Healthwatch MK are now encouraging others who might want to have their say to get involved in the next event.



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Collaborative event for best mental health approach

Better Together could have been an alternative title to an event held recently for East London NHS Foundation Trust (ELFT) colleagues, partner organisations, service users and carers who gathered to hear how community mental health services Luton are changing.



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Homeless and Vulnerable Outreach Service scoops well deserved award

In other great news for our ELFT colleagues, its Homeless and Vulnerable Outreach team was nominated by Dame Meg Hillier MP for their care to the people of Hackney, Newham, and Tower Hamlets in looking after asylum seekers across the three boroughs and refugees under the Afghan resettlement scheme in the City of London.



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Community project gives friendship and companionship top billing

ELFT is also funding work led by the voluntary sector to reach communities that have inequalities in access, experience, and outcomes in mental health care.



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Innovative and dedicated Tracey is nominated for a Parliamentary award

Congratulations Tracey Healey who was nominated by the MP for Bedford, Mohammad Yasin, for her work with Northamptonshire Healthcare NHS Foundation Trust (NHFT), which holds contracts to provide healthcare services at jails in Bedfordshire.

Anne Murray, ICB Chief Nurse said,

"Congratulations Tracey for working hard to improve quality and expand the services by working collaboratively across the system and local partnerships. It is fabulous to see nurses getting the acknowledgement for their continuous dedication in the health service."



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Doors open to welcome patients to new recovery programme

The new Recovery Day Programme (RDP) opened its doors in ARC-MK this April. This innovative, psychology-led group programme was devised by CNWL's Addictions service and offers clients the opportunity to consolidate their recovery alongside peers in a supportive and constructive environment.

Evidence-based treatments are provided 5 days a week and include Cognitive Behavioural Therapy and 1-1 keywork sessions, with an option to join remotely for people who struggle to attend in person. The programme also offers opportunities such as weekly gym and yoga sessions, employment support, and joint working with other local support services including SAMAS, helping people make positive changes and move on to a healthy, productive, and enjoyable life.

The RDP has already received excellent feedback. ARC-MK Sector Manager Emily Clare says:

"I was grateful to attend the graduation for one of our participants and it was very moving to hear about the positive changes they had identified and that others have noticed in them thanks to the RDP. It has also been lovely to see one of our other participants come on so much through their engagement in RDP. Previously this participant had been hesitant to join RDP, but they now attend the gym and yoga sessions! Seeing how far they have come and the changes they have made has been amazing. I look forward to welcoming more people on to RDP."



Colleagues get together raises over £400 for foodbanks

Colleagues gathered at their former office at Wrest Park in Bedfordshire on the eve of the founding of the new Integrated Care Board. The reason was to say goodbye to the Clinical Commissioning Group and welcome the soon-to-be Integrated Care Board.

Those attending enjoyed an indoor picnic, sampled the labours of talented colleagues who took part in a bake off and listened to speeches by Dr Sarah Whiteman, Chief Medical Director and Felicity Cox, Chief Executive Officer. Unfortunately, the highly anticipated games of rounders were rained off, but that meant even more charity raffle tickets could be sold to a captive audience!



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Planting roses to honour 10 years of service

Nine Nye Bevan roses have been planted in locations around Bedfordshire, Luton and Milton Keynes with the tenth planned at the end of the month. This blooming lovely way was chosen to mark a decade of the CCG supporting healthcare and services.



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Welcome Miles to the People's Participation team

Miles Tringham is the new face to get to know as the lead team member for adult mental health services in Luton.

Miles said his priority for the coming year is to grow the Luton PP Working Together Group (WTG) and promote awareness of opportunities for service users with patient-facing clinicians.



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