



# LIVE WELL NEWSLETTER

LIVE WELL: ISSUE 1 2023



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Bedfordshire, Luton and Milton Keynes Integrated Care Board

**Welcome to the first issue of Live Well for 2023, the monthly newsletter for the Bedfordshire, Luton and Milton Keynes Health and Care Partnership.**

Thank you all for the work that you're doing across BLMK. I know it's an intensely busy period but do find time to grab a cup of tea and read about the great things happening across BLMK, including the new £5m radiotherapy unit in Milton Keynes.

As for me, I was delighted to attend the Luton2040 event recently to talk about how the ICB is supporting Luton to become a Marmot Town. I focused my talk on how our work is positively impacting the lives of our residents, and you can read more about this below.

We have a few new faces arriving in our area this month. A warm welcome to Councillor Caroline Maudlin, Chair of Central Bedfordshire Council and Mike McEananey and Dr Dhammika Perera who have joined the Board at South Central Ambulance Service.

Don't forget to keep up to date with the latest ICB news on Twitter [@BLMKHealthCare](#)

Until next month, happy reading...



Felicity Cox, Chief Executive Officer, BLMK ICB - YouTube

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## Support for people with disabilities in Dunstable



The development of a purpose-built facility in Dunstable will help transform the lives of people with a disability, thanks to a pioneering joint initiative between Central Bedfordshire Council, HBV Group and the NHS.

The new development at Quarry Walk provides accommodation for adults with disabilities and gives access to new technology to help people become more independent. The centre also boasts communal areas and private gardens that are designed to help residents engage with others and reduce social isolation. [Read more.](#)

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## Health and Care Strategy Launched

Our absolute focus as an Integrated Care System is helping people to live longer, happier lives in good health. Last year, we worked with partners to understand what care local people need, and, more importantly, what they want from their health and care services.

This work has been used to inform the Bedfordshire, Luton and Milton Keynes Integrated Care Partnership's strategy, which was approved by members of the Health and Care Partnership on 14 December 2022.

The strategy outlines what is important to local people and how we plan to deliver health and care services in the next years to meet that need.

The BLMK Health and Care Strategy has been published and is available on our [website](#).

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## Luton 2040 - a place to thrive

Integrated Care Board joined colleagues from across Luton to talk about the work we're doing to improve the things that matter most to everyone and discuss how we can make a real difference to the lives of real people. [Read more.](#)

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## Tackling Dementia in Bedfordshire

Tackling dementia and supporting people to live as independently as possible is an area of focus for the Integrated Care System. We were delighted this month to roll out two initiatives across Bedfordshire to support dementia diagnosis and training for staff in care homes.

In Luton, the Bedfordshire Dementia Intensive Support Service has been awarded temporary NHS England funding until 31 March 2023 to support [care homes in Luton](#) who are caring for people with dementia. In Central Bedfordshire, a new specialist [diagnosis service](#) is being set up by East London Foundation Trust (ELFT) to support specialist nurses and healthcare professionals in diagnosing care home residents early.

We'll keep you updated with how these initiatives progress.

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## Council funds £5m for new radiotherapy unit



Bringing care closer to home for those receiving cancer treatment is important, as we know it leads to better outcomes for those living with cancer and their families.



building new homes in the city to fund a new £5.7m radiotherapy unit at Milton Keynes University Hospital, bringing the total the Council has given to the hospital for cancer and acute care to £15.7m. [Read more.](#)

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## Maple Centre Same Day Emergency Care Centre opened



As part of its ongoing commitment to improving patient experience, Milton Keynes University Hospital has opened the Maple Centre, a new facility designed to deliver an integrated approach to Same Day Emergency Care. Located adjacent to the Emergency Department, the centre will receive referrals from there as well as the Ambulance service, NHS111 and local GPs. [Read more.](#)

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## Grants announced to help residents become physically and socially active

Tackling the causes of ill health is as – if not even more - important as delivering the services to treat ill health. The Integrated Care System is working together to help people to get active – whether physically or by tackling social isolation. Central Bedfordshire Council has announced a

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## Less people are smoking in Bedford Borough

According to Bedford Borough Council's Annual Population Survey, fewer than one in 10 adults are now smoking in the Bedford Borough, a marked reduction on 2020 and 2018 figures. Residents are being urged to sign up to their stop smoking service. [Read more](#).

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## Healthy workplace, healthy people



Pictured left to right: Sarah James (Public Health Bedford Borough, Central Bedfordshire and Milton Keynes City Councils), Carol Solaiman (Carers in Bedfordshire) and Cllr Louise Jackson

Studies show that for every pound spent on creating healthy workplaces, employers can improve productivity, reduce sickness and improve the health and wellbeing of their workforce.

Bedford Borough Council, Central Bedfordshire Council and Milton Keynes City Council are working together to launch a set of health and wellbeing standards for local workplaces.

More than 30 workplaces in the region have already signed up to the Healthy Workplace Standards including Carers in Bedfordshire. [Read more](#).

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Diabetes is one of the biggest challenges we face in Bedfordshire, Luton and Milton Keynes – contributing to hospital admissions and poor outcomes for local people.

Milton Keynes City Council and Milton Keynes University Hospital has announced a research trial to promote and incentivise physical activity amongst residents with Type 2 diabetes which affects more than 17,000 people across Milton Keynes.

The scheme, funded by the NHS, will test how wearable devices can record participant movement and how a mobile app could offer tailored prompts and hints. [Read more.](#)

## Bedfordshire Hospitals receives 'Good' CQC Rating

Inspected and rated

Good



Bedfordshire Hospitals NHS Foundation Trust has been rated 'good' following an inspection by the Care Quality Commission (CQC) in 2022. The areas inspected were urgent and emergency care, maternity services, medical care and the Trust's leadership. [Read more.](#)

The banner features a dark blue background with a white curved shape on the left containing the 'Bedfordshire, Luton and Milton Keynes Health and Care Partnership' logo. On the right, the 'NHS Bedfordshire, Luton and Milton Keynes Integrated Care Board' logo is displayed. A central pink banner contains the text 'Help us make digital health and care services work better for you.' Below this, it says 'Give us your views in our resident survey and help develop the local strategy to shape services.' To the right, there are icons for a search bar, a Wi-Fi signal, a smartphone, and a computer monitor with a gear icon. At the bottom, a horizontal row of colored dots in various shades (blue, green, yellow, orange, red) is shown.

**Help us make digital health and care services work better for you**

We would like to understand how residents feel about digital health and care services, what they think works well and what barriers there may be to residents being able to access services in this way.

The survey is available in a number of formats which can all be found on our website, the links to the surveys are:

- [Standard survey](#)
- [Easy Read survey \(online\)](#) (simple words in short sentences, with pictures to help explain the words)
- [Easy Read survey](#) (for printing) (to download and print)
- [Easy English survey](#) (simple words in short sentences)

Please take part in the survey and share your views before **Sunday 12 February 2023**.



## Robot Helps to Deliver Medicine in Hospital

The first-of-its-kind trial has begun in Milton Keynes University Hospital who are working with an artificial intelligence company to create and trial a delivery robot or 'Helper Bot' to help deliver non-controlled medication between the pharmacy and selected in-patient wards.

This trial builds on successfully introduced automations including a surgical robot to aid complex surgeries and AI across imaging services. [Read more](#).



There are seven Committees in the Integrated Care Partnership. Find out more about the decisions taken in the committees and how this will benefit local people. [Read more.](#)

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## Join the team...

This is an exciting time for health and care organisations, as we work together to help people who live in Bedfordshire, Luton and Milton Keynes to live longer lives in good health.

Two positions for Non-Executive Directors have become available.

East London NHS Foundation Trust is welcoming applications for two new non-executive director posts with experience in strategic estates management or in financial management and anyone with lived experience as a carer.

Closing dates for applicants is 6 February 2023. [Read more.](#)

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## New faces...

Several new appointments have been made to the Boards of our partner organisations in recent weeks. Find out more below.

### South Central Ambulance Service



Mike McEnaney and Dr Dhammika Perera

South Central Ambulance Service announces two new non-executive director appointments to the board of directors. Mike McEnaney comes with 25 years of finance director level experience, most recently with Oxford Health NHS Trust and Dr Dhammika Perera, a Public Health

## New Chair for Central Bedfordshire Council



Councillor Caroline Maudlin was elected as the new Chair of Central Bedfordshire Council following the resignation of Councillor Gordon Perham as Chair in January 2023. [Read more.](#)

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## Upcoming Events

### Join Healthwatch Luton Listening Events

Healthwatch Luton are running monthly listening events where you can share your experiences on various topics. To book email [info@healthwatchluton.co.uk](mailto:info@healthwatchluton.co.uk) or call 01582 817060

February: 9<sup>th</sup> (12-1pm) – Carers and 23<sup>rd</sup> (7-8pm) – LGBTQIA+

March: 9<sup>th</sup> (12-1pm) – LGBTQIA+ and 23<sup>rd</sup> (7-8pm) – Maternity

### Join us and get clued up on co-production

Co-production is vital to the success of the Integrated Care Board. We want to work with local people and communities to make sure we're delivering the right care locally.

If you want to know more about co-production, what it means and how to do it – register for one of our training sessions. Facilitated by the Consultation Institute, the course is for everyone from commissioners to communicators, directors to doctors. [Find out more.](#)

Co-production webinar:

Wednesday 15th March: 11:00AM - 12:00PM

Training:

The course will be run over 2 x 3-hour sessions (including a mid-session break). You will need to complete a morning session before attending an afternoon session, but can complete both sessions in the same day, or book a morning and afternoon session on different days if you wish.

Please scan below to book:

**AM session**



**PM session**



### CNWL Year of the Child 2022-2023



Central and North West London NHS Foundation Trust are holding a Year of the Child showcase event on Thursday, 9 February 2023 from 3.30pm to 5pm. The event will give an overview of children's services across the Trust and an insight into the experiences that patients and staff. [Read more.](#)

The next meeting of **Luton Borough Council Health and Wellbeing Board** will be on 14 February at 6pm

The next meeting of **Bedfordshire, Luton and Milton Keynes Health and Care Partnership** will be on 7 March 2023 at 5pm

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## We want to hear from you

We'd love to hear about and share your news, initiatives and innovations in our monthly newsletter. If you have any stories to share, please email [blmkicb.communications@nhs.net](mailto:blmkicb.communications@nhs.net)

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