

LIVE WELL: ISSUE 2 2023



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Welcome to Live Well, our newsletter for our Integrated Care System.

It's been another busy month in BLMK and so we have a packed edition of Live Well.

Although we could fill ten newsletters with all the great work happening across BLMK, we've limited to 10 items to keep these updates shorter, sharper and action-packed.

In February, we had two notable visits taking place. On 9 February, we were pleased to welcome Health Minister, Will Quince MP who joined us to celebrate the terrific achievements of our Nursing Associates during National Apprenticeship Week. On 16 February, we were honoured to welcome HM King Charles III to Milton Keynes to mark the city status granted as part of last year's Platinum Jubilee Celebrations for her Late Majesty, Queen Elizabeth II. Irene Paik-Semenov is one of the faith leaders from the city who met HM The King and you can read her story below.

Also, do take a look at the new mental health services in Dunstable, the innovative tech being rolled out in adult social care and meet some of BLMK's newest faces.

This month I've continued my Twitter journey, trying my best to showcase the work you're all doing, so do follow me [@fcox246](#).

But, for now, sit back, relax and enjoy catching up on the best of BLMK.

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News and features





His Majesty The King visits Milton Keynes to mark city status

HRH King Charles III visited Milton Keynes on 16 February to take part in the city status opening ceremony held at the Church of Christ the Cornerstone.

[Read more.](#)

Amongst local community, volunteers and faith leaders he also met Irene Paik-Semenov, Central and North West London NHS Foundation Trust's Head of Asset Management. [Read her story.](#)



Health Minister praises NHS Apprentices at celebration event in Bedford

Will Quince MP, Minister of State for Health and Secondary Care, attended a celebration in Bedford on 9 February as part of National Apprenticeships Week. In his speech he thanked 22 Primary Care Nursing Associates for taking on these roles and making a difference to our residents. [Read more](#) and [watch our video](#) highlights from the event.

Milton Keynes Community Diagnostic Centres bolster NHS capacity

Two community diagnostic centres (CDCs) will be opening in Milton Keynes as part of 19 new centres being rolled out across the country, giving us three CDCs across BLMK. CDCs are set up in convenient settings such as shopping centres or football stadiums, giving local people faster access to life-saving tests without having to go to hospital. One centre will be based at Lloyds Court in central Milton Keynes and the second at Whitehouse Health Centre. [Read more.](#)

Since they were established in 2021 across England, 92 Community Diagnostic Centres, or 'one-stop shops' as they are known, have delivered over 3 million potentially lifesaving checks, tests and scans. [Read the press release.](#)

Supporting infection control and frailty in care homes

Quality Improvement Nurses and Care Home managers joined together recently for a three day programme to learn about new technology and practices that can support infection control and frailty in care homes. Funded by NHS England, the course allowed for a more collaborative approach to care across Bedfordshire, Luton and Milton Keynes.

[Read more about the Collaborative BLMK Conferences.](#)



The room working together on different topics.



Demonstrating the Raizer chair lift to residents following a fall.



The IPC and QI team with Medicines Management team

Working with young people to change services together

On 20 February, a new online counselling service was launched, designed by young people, for young people. Funded by the BLMK Integrated Care Board, the new service will provide a free and confidential 24/7 text mental health support service, with face-to-face care provided to those who need it. You can [find out more about the new service here](#).

Innovative trial to tackle diabetes

Milton Keynes City Council and Milton Keynes University Hospital have announced a research trial to encourage and incentivise people with Type 2 Diabetes to take up physical activity. Diabetes affects more than 17,000 people across Milton Keynes and 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](#).



From left: Chase House Nurse, Clare Troy, with Alice Ainsworth, Deputy Director of Adult Social Care Technology Policy at the Department for Health and Social Care (DHSC), and Shantelle Million-Lawson, DHSC Senior Policy Manager

Digital Innovations in local Adult Social Care showcased

A dynamic programme of digital investment for the social care sector was on show when senior managers from the Department of Health and Social Care and NHS England visited a Bedfordshire care home.

Chase House, in Arlesey, was an early adopter of innovative technologies on offer from the BLMK Health and Care Partnership, helping improve the lives of

people who live and work in Bedfordshire, Luton and Milton Keynes. The Digitising Social Care programme is being supported by a team of digital leads from the area's four local authorities.

Find out more about [the visit](#) and the [leading-edge products](#) helping transform adult social care.



Shaping Community Mental Health Care in Dunstable

As part of East London NHS Foundation Trust's community mental health transformation programme, an open event was held in Dunstable in February to promote mental health support across the town and provide an opportunity for users to help design further changes to care. The transformation programme involves co-production with service users and carers working in equal partnership with health professionals. [Read more.](#)



ARC MK celebrated Valentine's Day with a 'Love Yourself' event

Central and North West London NHS Foundation Trust's Addiction Recovery Community Milton Keynes (ARC-MK) hosted a 'Love Yourself' event to coincide with Valentine's Day. In line with the [Hep CU Later campaign](#), service users took part in a range of activities covering physical health, mental health and wellbeing, and building positive relationships. [Read more.](#)

New Faces



We welcome the following new people to our ICS:



Tom Kibasi has been appointed as the new Chair of Central and North West London NHS Foundation Trust (CNWL) and will succeed Professor Dorothy Griffiths who retires this month after almost 10 years in the role. [Read more.](#)



David Eltringham has been appointed as Chief Executive Officer of South Central Ambulance Service (SCAS) taking over from Will Hancock.



Andrew Sharp has been appointed as Central Bedfordshire Council's new Director of Social Care, Health and Housing.

Andrew is looking forward to spending more of his time focussed on Adult Social Care as this is the area he is most passionate about and interested in. He has been impressed with our achievements to date and sees this as a great

base to build from as we continue to shape a strong health and social care system across the area.



We want to hear from you

We'd love to hear about and share your news, initiatives and innovations in our newsletter. If you have any stories to share, please email:

blmkicb.communications@nhs.net