



LIVE WELL NEWSLETTER

Live Well: 6 June 2023

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

I'm delighted to start this month's newsletter with the news that a local mental health programme – the Shine Programme – has won the 'Innovation of the Year' award at the national Integrated Health Awards 2023. I'm always pleased when colleagues' hard work and innovation get external recognition. Do take the time to read more about this project and the fantastic outcomes it is already producing.

Last month, I attended the Luton All Women's Centre for the signing of a Memorandum of Understanding between the ICB and BLMK's voluntary, community and social enterprise (VCSE) organisations. This landmark agreement lays the foundations for our shared vision and values to put local people at the heart of everything we do. You can read more about it below.

I was also fortunate to attend the first BLMK Mental Health Summit in Luton alongside East London NHS Foundation Trust and Central and North West London NHS Foundation Trust. It is always so powerful to hear insights and ideas for improving services from those with lived experience – a central part of our Working with People and Communities Strategy.

In this month's issue, we are also sharing the news that an innovative partnership hub for health research will be established in Bedfordshire and Luton. This ground-breaking partnership between East London NHS Foundation Trust and The University of

Cambridge will combine expertise to tackle some of the most pressing healthcare challenges faced by our communities. Ultimately, this important research can help to improve patient care in primary and community healthcare services, making a real difference to people's lives.

As a reminder, I've been continuing to do my best to showcase some of the fantastic work you've been doing on Twitter. Do follow me [@fcox246](https://twitter.com/fcox246) to keep up to date.



Felicity

Felicity Cox

Chief Executive Officer

Bedfordshire, Luton and Milton Keynes Integrated Care Board

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Local mental health programme wins innovation award

A local mental health programme has been named the winner of the 'Innovation of the Year' award at the national Integrated Health Awards 2023.

The Shine Programme is a unique digital approach to support staff and patient wellbeing, and is a collaboration between BLMK ICB, NHS digital transformation experts Arden & GEM CSU, and evidence-based mental health tool developers, ShinyMind. It puts tailored mental health support directly in the hands of staff and patients via a mobile app, offering users interactive exercises, advice and resources that improve wellbeing and resilience based on science and research.

The programme has improved the wellbeing of the primary care workforce while simultaneously enabling patients to better self-manage their mental health. [Read more.](#)



Partnership deal signed between NHS and voluntary sector

Local people are set to benefit following the signing of a contract between BLMK ICB and voluntary, community and social enterprise (VCSE) organisations.

The organisations signed a Memorandum of Understanding at a ceremony in May, setting out how they will work in partnership to improve the health of people living in Bedford Borough, Central Bedfordshire, Luton and Milton Keynes.

VCSE organisations have a long track record in promoting engagement and finding creative ways to improve outcomes for groups with the poorest health, making them essential partners for the NHS in addressing health inequalities and improving health outcomes. [Read more.](#)



New EEAST Chair appointed

The new chair of the East of England Ambulance Service Trust (EEAST) has been announced as Mrunal Sisodia OBE.

Mrunal has served as non-executive director for EEAST for three years and has a background of leading large complex organisations. He is director and co-chair of the National Network of Parent Carer Forums (NNPCF), a national organisation that represents the families of children and young people with special educational needs and disabilities.

Before joining the NNPCF, Mrunal was a director at Leonard Cheshire Disability and has extensive experience of the private, public and charity sectors. [Read more.](#)



Supporting infection control and frailty in care homes

Milton Keynes University Hospital (MKUH) is to receive funding to deliver a new Women's and Children's Hospital and enhanced surgical capacity by 2030 as part of the Government's New Hospital Programme.

The confirmation of funding was announced on 25 May by the Secretary of State for Health and Social Care, Steve Barclay MP.

Joe Harrison, Chief Executive of MKUH, said: "We are thrilled to hear that essential funding as part of the New Hospital Programme to develop a new women's and children's hospital, and surgical ward has been officially recognised by the Government in an announcement today. This enhancement to our estate is a fundamental element of our future growth strategy, allowing the Trust to increase capacity and improve the hospital care environment across the entire estate.

"We are excited to be moving forward with our plans and would like to thank the local community, MK City Council and both our local MPs for their ongoing support." [Read more.](#)



Innovative health research hub for Bedfordshire

An innovative new partnership hub for health research is to be set up in Bedfordshire to help improve patient care in primary and community healthcare services.

East London NHS Foundation Trust (ELFT) and the Department of Public Health and Primary Care at the University of Cambridge have forged a strategic partnership to

help tackle major areas of unmet health needs in the community, the first partnership of its kind for the University.

The partnership hub will address some of the region's most important healthcare problems, including frailty amongst older people, long-term medical conditions, narrowing health inequities, and optimising the configuration of primary and community healthcare to best address the needs of the local population. [Read more.](#)



Luton and Dunstable University Hospital volunteer named Coronation Champion

A volunteer at Luton and Dunstable University Hospital (L&D) was selected as one of the 500 official Coronation Champions in May.

The Coronation Champions Award celebrates extraordinary volunteers across the country who have been contributing to their communities.

Pam has been volunteering at L&D for more than 20 years, in a variety of roles. She received an official Coronation Champions pin and a signed certificate from His Majesty King Charles III and Her Majesty Queen Camilla. [Read more.](#)



Successful first Mental Health Summit

More than 100 people took part in the first BLMK Mental Health Summit at Venue 360 in Luton on Friday 31 March.

Experts by experience took part to help shape mental health care planning and delivery across the area. Guests shared their experience of accessing the area's primary or secondary mental health services, as well as their ideas on how care could be improved at the event which was organised to identify priorities for the area. The theme for the summit was improving mental health services across BLMK and covered all adult mental health services, including learning disability, autism, and older adult mental health services. It took place following the formation of a mental health provider collaborative within the BLMK Integrated Care System. [Read more.](#)



Priory Gardens Surgery moves into new Integrated Health and Care Hub

Priory Gardens Surgery has recently moved into its new premises at the Grove View Integrated Health and Care Hub in Dunstable, with patients set to benefit from improved facilities and better access to appointments.

The Integrated Health and Care Hub is an exciting development offering primary care services, social care, community and mental health services, and specialist and wider wellbeing services to meet the needs of the population.

It will help to transform the way care is delivered to benefit people's health and wellbeing by bringing together a mix of health and care professionals delivering a range of health and care services. [Read more.](#)



Community event helps families take control of asthma

To mark World Asthma Day on Tuesday 2 May, BLMK ICB hosted a community event in Luton aimed at helping children and young people and their families to take control of their asthma.

The event, held at Hockwell Ring Community Centre, gave attendees the opportunity to learn and improve their understanding of asthma, its management, and when and how to seek help.

The event was supported by Luton and Dunstable University Hospital NHS Foundation

Trust, Milton Keynes University Hospital NHS Foundation Trust, NHS England, and Total Wellbeing Luton. [Read more.](#)



People encouraged to get their jobs before the offer ends

People who have not yet come forward for their first and/or second dose of the COVID-19 vaccine are being encouraged to get their jobs before the offer ends on Friday 30 June.

The NHS vaccination programme has so far delivered well over two million COVID-19 jobs in Bedfordshire, Luton and Milton Keynes, helping to save many thousands of lives. Now, however, the offer to those who have not yet had their first two jobs is due to come to an end.

Dr Sarah Whiteman, chief medical director at BLMK ICB, said: “Our advice remains the same: getting vaccinated is the best way to protect yourself and your loved ones against serious illness. While many people might think that COVID is over, it is still very much with us.

“There are lots of reasons why you may not have had the first two doses of a COVID-19 vaccination.

Perhaps you missed an appointment, or maybe you originally said no but have changed your mind because someone close to you has been seriously ill with COVID. “It’s still not too late to get your first or second COVID jab, but the offer will end on 30 June, so if that’s you, make sure you don’t miss out.”

Cheering Volunteering

To mark Volunteers Week 2023, Central Bedfordshire Council – in partnership with Community Voluntary Service Bedfordshire and Bedfordshire Rural Communities Charity – is inviting people to attend a volunteering celebration event at the Rufus Centre on Wednesday 7 June.

Last year’s occasion saw more than 300 volunteers and their organisations come together for afternoon tea. This year will also see attendees enjoying conversation, company and entertainment. There will be two events on the same day: one from 10am to 12pm and one from 2pm to 4pm. Coffee, tea, cake and entertainment will be provided.

Book your place at one of the sessions:

- 10am to 12pm, Wednesday 7 June: [Find out more and book a place](#)
 - 2pm to 4pm, Wednesday 7 June: [Find out more and book a place](#)
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Share your stories for the NHS 75th Birthday

As we prepare to celebrate the 75th birthday of the NHS in July, we’re inviting you to tell us your stories.

Maybe you’re from a family where multiple generations have worked in health and social care, whether that’s in the same or different professions? Maybe your experience as a patient influenced your career or voluntary work? Or maybe the NHS changed your life in some way?

We’re looking for stories from across Bedfordshire, Luton and Milton Keynes that we

can share with the public to mark this special birthday. If you have a story you'd like to share, please email blmkicb.communications@nhs.net.



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