Welcome to the Healthy Bicester Celebration 2019
Planning the future together

WiFi password: BHGCS  #HNTogether19
Welcome from
Graeme Kane
Cherwell District Council Chief Operating Officer (Deputy Chief Executive)

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Opening Remarks
Cllr Barry Wood
Leader of Cherwell District Council

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#HNTogether19
A Celebration

2019

Dr Rosie Rowe
Bicester HNT Programme Director
Our collective ambition

- Build healthy and sustainable communities
- All residents to benefit (not just new developments)
- Working together to improve health and wellbeing
Why is this important? Prevention matters

We need to be proactive in keeping people well rather than reactive where there is a medical problem.

The consequences of poor health have an impact on the economic prosperity and social wellbeing of the country.

The impact of poor health on individuals can be devastating.
Through testing healthy place shaping in Bicester we know there are three core strands to developing Healthy Communities.
Built Environment: Using the planning system to support healthy living

Stronger policy framework to support health promoting environments both at the strategic and detailed levels

Commenting on major applications in Bicester to ensure new development encourages healthy living
Built Environment: Creating an enabling environment

Built environment acting as a nudge to be more active:
• 3 Health routes repainted
• Town Centre Discovery Walk launched

Encouraging active travel:
• ‘Dr Bike’ sessions every month
• Bikeability training
Community Activation Delivery

Local stakeholders working together to design and deliver the programme in their organisations.

Health and wellbeing are being promoted in businesses, schools, and voluntary sector.

Targeting the population to change behaviour at ‘Trigger Events’: retirement / moving house / starting school / nursery.
Healthy Eating
You said…
Activities to increase parents’ skills and confidence with food

We delivered
• Healthy eating in schools programme – includes social eating for early years children
• Hands-on healthy snack stands at events
• Supporting the HENRY parenting programme to run through Churches
• Cookery sessions with the Food Bank and TESCO
Healthy Eating

You said…

Encourage food businesses in the town to offer healthier options

We delivered

• Supporting the Eat Out Eat Well award scheme for food providers

• Recognises caterers who provide and promote healthy eating options

• 6 food outlets taking part
Social isolation

You said…

- Engage the army base families where there is isolation
- Intergenerational befriending
- Encourage people to come together over food

We delivered

- Supporting the collaboration between Forget Me Nots and Little Acorns group
- Collaborative visits with OCC Community Liaison and army base families to stay and play in Ambrosden
- Support for Bicester’s Big Lunch and launch of the Little Lunch projects
Getting connected

You said…

There needs to be person to person support. Websites and social media have their place but talking to someone was likely to be most engaging.

There is lots going on but people don’t necessarily know about it. Provide information where people are and where it can be easily found.

We delivered

- Articles and pull out listings in the Garth Gazette
- Healthy Bicester Facebook Page
- CDC Wellbeing Map
- Funding secured for social prescribing scheme
- Local events
Exercise
You said…

Would like a walking trail through the town, possibly with a historic flavour (could help with reminiscence for those with dementia) which would allow workers in the town to use it in their lunch breaks, to get some exercise

We delivered

- Walking trail: Discovery Walk launched on NHS 70th birthday implemented in collaboration with Hanover Gardens, town traders, Bicester Vision, etc
- Funded Healthy Walk leaders training – two new walks set up.
Exercise
You said…

Take the focus away from doing an activity ‘for exercise’, but ensuring that health benefits are gained through incidental exercise e.g. Mobile phone charging or lighting an area (e.g. from outdoor gym equipment)

Must make it feel safe

We delivered

Two new outdoor gym sites in Garth Park and Spider Park installed and in use which includes digital elements e.g. mobile phone charging
Getting connected

You said…

“Adopt a Grandparent Scheme” suggested which involves pairing up primary school aged children with care home residents to meet on a regular basis for conversation etc.

Increase use of facilities on new estates by residents from across the town – not just those on the new estates

We delivered

- Intergenerational cooking: Collaborative cooking sessions with the Food Bank has had an inter-generational element with grandparents and grandchildren attending
- Community facilities at Kingsmere and Elmsbrook are in regular use by existing community organisations e.g. scouts
Spark Funding

- £31,000 in grants to 25 different organisations
- Arts in Garth Park for families
- Play equipment
- Promotion of a Friendship and Lunch club
- Set up costs for junior park run
- Costumes for dance workshops for the over 50s
Business Health Check

65 attendees representing over 40 organisations from across Oxfordshire

19 wellbeing exhibitors

4 speakers:
- Increasing performance and productivity
- The Business Case for wellbeing
- Increasing productivity through resilience
- What works – BRITA and Spratt Endicott
Health care remodelling

- New ways of delivering services to promote health and wellbeing: e.g. social media and social prescribing
- Development of sustainable and enhanced primary care fit to meet the needs of the growing population
- Testing new ways of delivering care
  - e.g. diabetes management
Secondary prevention
Improving management of long term conditions

Diabetes education evenings

- GPs/Leisure/District Council /Community Health/Voluntary sector
- 56 Patient attendees
- 11 joined GO Active
- 2 joined Achieve
- 2 signed up as patient volunteer drivers
- 1 joined a Bicester Health Walk

"An inspirational evening. You could feel the infectious enthusiasm empowering patients to take control of their health."

"I didn’t know all of these were available and there are activities I can join just down the road from where I live."
Benefits of healthy place shaping at 3 year point

Increased take-up of commissioned services:
activity programme for diabetes/weight management programmes/ 50% increase in number of children attending Cherwell District Council’s holiday clubs

Eight businesses (SMEs and micro businesses) are actively promoting wellbeing at work

2000 primary school children now run a mile/day at school

1,821 children took part in lunchtime activation; 8% up on 2017

School based family programmes are effectively engaging families to increase their parenting skills; 173 having active fun with children

Healthy Bicester Facebook page has 1,700 followers (10 joining/week) – a mechanism for engagement of residents with health promotion/self-care campaigns
Benefits of healthy place shaping at 3 year point

13 food outlets in Oxfordshire participate in ‘Eat Out Eat Well’ scheme promoting healthy food options

All Primary schools are being supported to promote mental wellbeing through SATS relax sessions / mental health training / MECC training

2 new health walks 3,057 participants

Man v Fat
Adult Football Programme
- 53 Players
- 300 kg lost as part of programme

414 New Users of Public Health England self care apps

5K Health Route
+ Three health routes + one discovery route have increased walking and social connections (27% increase in footfall)
Bicester Healthy New Town partnership – Thank You!
Healthy Bicester: PHASE 2

What do we need to do together to continue promoting the health and wellbeing of everyone who lives or works in Bicester?
Healthy Bicester
Stakeholder perspectives

Dr Ellen Fallows, GP
Montgomery House Surgery, Bicester

Bea Foster
Bicester Green Gym & Grassroots, Bicester

Cllr Lynn Pratt
Lead Member for Economy, Regeneration and Property at Cherwell District Council, Bicester Town Council
What’s working?

An interactive opportunity to have your say and informally identify what is working for your community and what can be improved.
Healthy Bicester - PHASE 2
Shaping the Future and Working Together

• Two sessions focused on future of Bicester
• Built Environment
• Emotional and Physical Wellbeing
• Take part in both sessions
11.00 – 11.30  The Orangery

SESSION A – YELLOW DOT
Shaping the Built Environment
Bicester 2050 (Jenny Barker, Caroline Clapson)

11.30 – 12.00  The Ascot Room

SESSION B – BLUE DOT
Improving Health and Wellbeing in Bicester
(Dr Rosie Rowe)
Healthy Bicester - PHASE 2
Working in Partnership to Improve Health and Wellbeing and Young Enterprise Business ‘Rozario’

Dominic Heron
Managing Director, Rozario

Mia Kirby
Finance Director, Rozario
NHS England Perspective

Daniel McDonnell
Strategy Manager, NHS England
Spreading the Learning from Bicester

Cllr Ian Hudspeth
Leader, Oxfordshire County Council
Thank you