

Integrated wellness service

Information event



Welcome!

Integrated wellness service

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Introduction

The aim

To reduce health inequalities through better service integration, moving resources towards prevention & early intervention and away from avoidable treatment & care.



The approach

- **proactive, preventative**
- **whole person**
- **optimum health:
physical, mental, social & emotional**
- **beyond healthy lifestyle *single issues***

Objectives

- **integrated, single access/multiple delivery**
- **person centred: individual & holistic; support behaviour change; monitor progress**
- **timely, quality and cost-effective**
- **in communities with greatest health need**
- **clear referral pathways to other services**
- **promote self-help, healthy lifestyle and support delivery of campaigns**

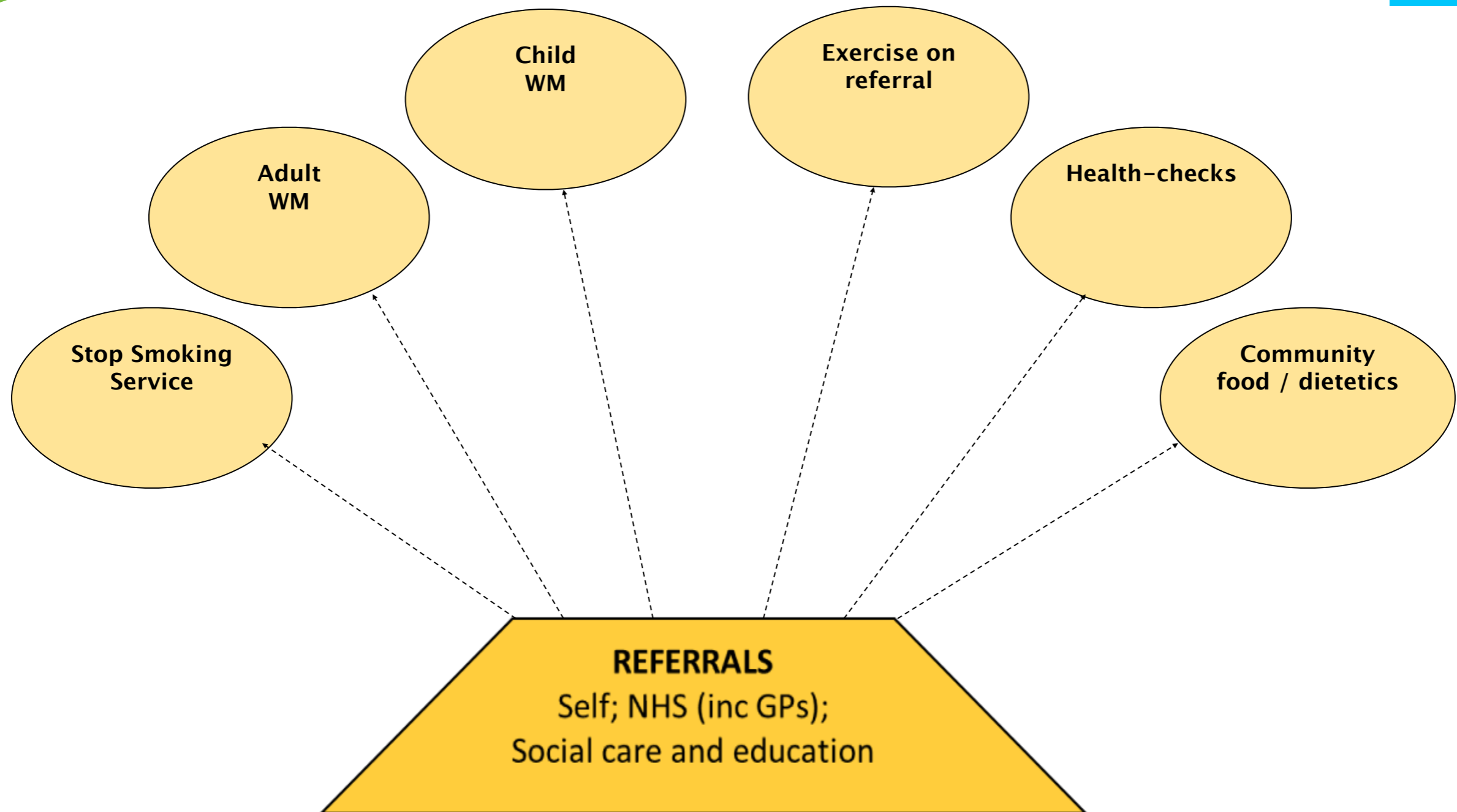
Key elements

- **diet & nutrition, physical activity & weight management**
- **smoking cessation & alcohol interventions**
- **mental wellbeing**
- **community health checks**
- **volunteer health champions**
- **health improvement training**
- **prevention & campaign delivery**

Location

- **town centre base**
- **successful bidder to find appropriate premises**

Current configuration



Current providers

Service / Programme	Provider
Stop Smoking Service	Cambridge Community Services
Health Trainers	Cambridge Community Services
Child Weight Management Service	Weight Management Centre
Slimming on referral	Slimming World / Weight Watchers
Exercise on referral	Active Luton
Community food programme	South Essex Partnership Trust

Why change?

- **silos approach to commissioning**
- **range of services: lack of awareness**
- **'worried well' channel shift**
- **insufficient connectivity between lifestyle services and wider social issues**

Why now?

PH lifestyle contracts end March 2014

Strategic focus

improve health and reduce health inequality

Efficiency focus

prevention & early intervention

empowerment & self-help

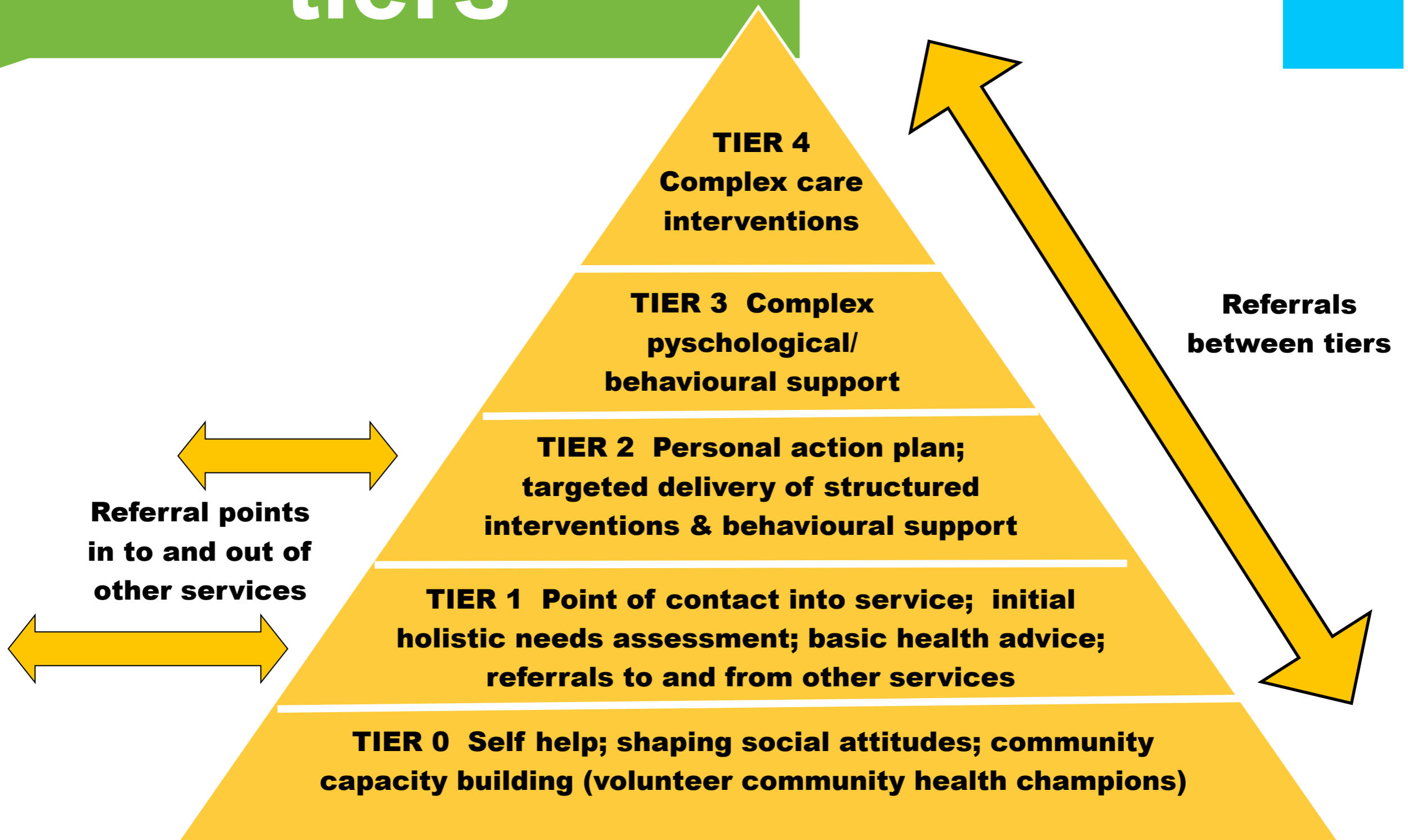
better integration and improved connectivity

Consultation

Spring 2013

- **342 responses; 61% current service users**
- **exercise & physical activity, healthy eating and losing weight all big health concerns**
- **general lack of awareness of lifestyle services**
- **shift towards online health information**
- **GPs have key role in awareness and referrals**

Intervention tiers



Contract

- **three years; option to extend**
- **£1,024,600 per annum maximum**
- **higher bids rejected**
- **set-up costs included**
- **efficiency savings may be applied**

TUPE

- **may or may not apply**
- **own view; independent professional advice**
- **LBC will facilitate collection of any potential TUPE information from current providers**
- **allow sufficient time**

Key dates

October 12 last date for any clarification questions

October 19 last date for return of tender documents

November 29 shortlisted bidder presentations & interviews (times tbc w/c November 11)

December 23 evaluation exercise results/cooling off

January 6 contract awarded

April 1 2014 contract starts

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Questions?