

Appendix 6: Contributions by the NHS for ‘Healthy Places, Healthy Futures, Growing Great Communities’

Community Life The communities we live and work in profoundly affect our wellbeing. Actions to strengthen communities, increase social connections and social cohesion, give local people more say in services, increase volunteering, reduce social isolation and protect vulnerable people all of which improve health and wellbeing.	
Portfolio	Actions
South Central Ambulance Service	<ul style="list-style-type: none"> • continue with our support and encouragement to participate in community projects through our employees, first responders, FT members and volunteers • work with other volunteer sector providers and system partners to make the availability of transport more transparent and easier • help to identify individuals at risk through any of our frontline staff and offer a mechanism through which they can be encouraged to report back. Share this information with our colleagues in the system
FedBucks	<ul style="list-style-type: none"> • Personalised Care Service (PCS) offers its patients support from a multidisciplinary team via a PCS Care Coordinator. The PCS Care Coordinators are able to signpost patients to public and charity services to address key elements such as complex medical and/ or mental health issues, loneliness and social isolation. • Our patients have benefitted from linking in with charity organisations that address social isolation through practical and craft activities (for example, ‘knit and natter’ sessions) and counselling sessions. • Patients have also been signposted to a Healthy Living Centre that, apart from providing healthy meals at low-cost, also provides cookery and nutrition sessions for Centre users. • The PCS team is also able to refer patients living in unsanitary conditions to their District Council’s Housing Officer. For the patients concerned, there can be very positive long-term impact on their quality of life in terms of gaining social interaction, ensuring they have suitable accommodation and being able to access nutritious food, counselling and advice. • We are aspiring, as a key partners in ICS, to have a more collaborative approach to prevention and active sign-posting (Social Prescribing).
Buckinghamshire Healthcare NHS Trust	<p>Current and ongoing</p> <ul style="list-style-type: none"> • We currently have c500 volunteers across all our services, co-ordinated through our voluntary services team. This provides opportunities for the residents of Bucks to support their community and enhance social responsibility quotient. This can also help those that may be isolated to have a sense of belonging and purpose. • Health related Library service available in community hubs <p>Ambition</p> <ul style="list-style-type: none"> • We have ambitions to double our number of volunteers. This includes MECC (make every contact count) role for volunteers across the organisation to increase signposting opportunities to other services within the ICS, to support wellbeing.

	<ul style="list-style-type: none"> Community hubs working with volunteer organisations to understand if sign-posting can be strengthened from hubs
Buckinghamshire Clinical Commissioning Group	<ul style="list-style-type: none"> Look to include Social weightings in our contracting and procurement approaches, looking to better leverage the corporate social responsibility of contracted providers and suppliers Influencing future health provision opportunities through projects such as Aylesbury Garden Town Support the development of Locality Networks to build a bedrock of primary care led networks supporting the population needs within their area and increasing capacity for prevention measures and education to manage related long term conditions such as asthma.

Healthy Homes	
Living in an affordable and good quality home is fundamental to people's physical and mental health and wellbeing and can reduce demand on services	
Portfolio	Actions
South Central Ambulance Service	<ul style="list-style-type: none"> help to identify individuals at risk through any of our frontline staff and offer a mechanism through which they can be encouraged to share this information with our colleagues in the system encourage our employees, first responders, FT members and volunteers to seek help where family members or neighbours are at risk
Buckinghamshire Healthcare NHS Trust	Ambition <ul style="list-style-type: none"> New build housing regulations are focussed on environmental impact and sustainability. We are developing our estates strategy which will include review of our older building stock and options of how we develop key worker accommodation. Any new buildings will reduce our carbon footprint, utilising the latest technologies including LED lighting, energy efficient heating and increased insulation under building regulations. We are also ensuring that any building for new clinical and operational environments are focussed on technical compliance to HTM and HBN regulations, again as with building housing, reducing carbon footprint, increasing operational capability and reducing energy consumption.

Healthy Travel	
Active travel, such as walking and cycling improves our health by promoting physical activity. It also delivers other benefits such as reducing air and noise pollution and increasing social connections	
Portfolio	Actions
South Central Ambulance Service	<ul style="list-style-type: none"> make better use of office 365, increase the number of skype meetings and limit the number of physical face 2 face meetings continue to review our patient transport, first responder and volunteer travel to make more efficient use and the pound count
FedBucks	<ul style="list-style-type: none"> As FedBucks continues to grow, we will remain committed to developing a healthy workplace culture for our staff. We will be exploring staff healthy travel scheme options (for example, the Cycle to Work scheme). as well as the promotion of healthy eating and wellbeing through simple incentives
Buckinghamshire Healthcare NHS Trust	Current <ul style="list-style-type: none"> For our staff we promote a cycle to work scheme, with on-site bike storage and showers available on some sites, we are further promoting this in Spring 2019 We work with Arriva to ensure public transport usage availability for staff,

	<p>patients and visitors, with on-site/adjacent bus stops.</p> <p>Ambition</p> <ul style="list-style-type: none"> Consider off site car parks and park and ride opportunities
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<p><i>Air and Noise Pollution (Healthy Travel will also contribute to this key area)</i></p> <p>Air and noise pollution have a range of harmful effects on health the very young, very old and those with poor health are most likely to be negatively affected by pollution.</p>	
Portfolio	Actions
<p>South Central Ambulance Service</p>	<ul style="list-style-type: none"> translate the miles our employees, first responders, FT members and volunteers drive into CO2 emissions, set reduction targets and promote our 'Green agenda' higher on the organisational priority list query unnecessary or unjustified travel
<p>FedBucks</p>	<ul style="list-style-type: none"> As FedBucks operates over a number of sites, we encourage the use of teleconference facilities to reduce unnecessary travel to meetings where possible. All of our records are kept electronically to reduce unnecessary printing, and only a few members of staff have the rights to print in colour. Home workers policy (flexible work policy) and support to staff is available to ensure staff has the flexibility to pursue work from home options.
<p>Buckinghamshire Healthcare NHS Trust</p>	<p>Current</p> <ul style="list-style-type: none"> We work with the energy providers and the Carbon Trust to reduce energy consumption and to implement changes to reduce emissions. This year we procured 9321 allowances, which cost £164,981.70. <p>Explanation</p> <ul style="list-style-type: none"> The CRC Energy Efficiency Scheme is a UK government scheme. It's designed to improve energy efficiency and cut carbon dioxide (CO2) emissions in private and public sector organisations that are high energy users.
<p>Buckinghamshire Clinical Commissioning Group</p>	<ul style="list-style-type: none"> Continuing use of travel plans, including for staff, to reduce car use and contribute to NHS targets for reducing carbon emissions (by 35% by 2020 and by 80 per cent by 2050)

<p><i>Green Spaces and Natural Environment</i></p> <p>Contact with the natural environment is vital for physical and mental health and wellbeing at all ages. Exposure to green spaces reduces stress and depression, and every 10% increase in green space is associated with a reduction in disease equivalent to 5 years of life gained.</p>	
Portfolio	Actions
<p>South Central Ambulance Service</p>	<ul style="list-style-type: none"> act as an advocate and encourage anyone involved, affected or touched by SCAS to care about the natural landscapes or gardening
<p>FedBucks</p>	<ul style="list-style-type: none"> FedBucks take our environmental responsibilities seriously, particularly with regards to the correct disposal of our commercial and clinical waste. Our clinical locations are audited annually, with assurance that there is a notified clinical waste contractor in place. Random spot checks are also carried out regularly to ensure that clinical waste is being managed correctly. Any reported concerns would be addressed as a priority. All waste paper across our sites is collected by an approved waste disposal company and is recycled.

	<ul style="list-style-type: none"> Our Planned Care services have seen a reduction in paper usage following the introduction of the Electronic Referral System (eRS) in July 2018 and the subsequent switch off of paper based patient referrals.
Buckinghamshire Healthcare NHS Trust	<ul style="list-style-type: none"> BHT are working to maximise the green space opportunities across our sites, with an ambition to be 'A Garden Trust' <p>Current and ongoing</p> <ul style="list-style-type: none"> The first stage being the successful completion of 'Horatio's Garden' in our National Spinal Injuries Centre We have a staff wellbeing garden, the restoration two years of this previously overgrown space was supported by working in collaboration with Lindengate mental health charity. We are now working with the armed forces volunteers to make further improvements to provide a place of relaxation for staff on our Stoke Mandeville site. <p>Ambition</p> <ul style="list-style-type: none"> Explore more opportunities for green spaces across our sites for staff, patients and visitors and offer more volunteering opportunities through our voluntary services team to undertake gardening activities to support wellbeing

Healthy Food Environment	
The quality and quantity of the food and drink that we consume are important contributors to our health. A poor diet increases the risk of becoming overweight, developing diabetes, heart disease, stroke, some types of cancer and dementia.	
Portfolio	Actions
South Central Ambulance Service	<ul style="list-style-type: none"> act as an advocate and inform anyone involved, affected or touched by SCAS about the importance of healthy eating, be that our staff or patients actively discourage our employees, first responders, FT members and volunteers (and their families) to visit fast food outlets
FedBucks	<ul style="list-style-type: none"> As FedBucks continues to grow, we will remain committed to developing a healthy workplace culture for our staff. We will be exploring promotion of healthy eating and wellbeing through simple incentives organised in house ('healthy eating days', for example, where staff bring in healthy dishes to share at lunch, or 'Fresh Fruit Fridays').
Buckinghamshire Healthcare NHS Trust	<p>Current and ongoing</p> <ul style="list-style-type: none"> BHT has been working collaboratively over the last 2 years with all our food suppliers to improve the healthy eating options available to patients, staff and visitors and this works continues with all our food outlets We are committed to the Healthy Eating CQUIN, we use opportunities to promote Healthy Eating Messaging in our food outlets and communal areas BHT is signed up to the NHS England commitment to reduce sales of Sugar Sweetened Beverages (SSB) and we will consistently achieve the target of less than 10% SSB sales in The Trust For our staff we run a 12 week weight loss challenge through our staff wellbeing service, which is based on healthy eating principles and linked to NHS choices on line for further support. Health eating education is part of our MECC (make every contact count) training to increase knowledge across staff groups and encourage the sharing of messaging with patients.