

Healthwatch Bucks Quarterly Review

**Date:** 15 December 2022

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**Consideration:**  **Information**  **Discussion**  
 **Decision**  **Endorsement**

Please indicate to which priority in the Joint Local Health and Wellbeing Strategy, [Happier, Healthier Lives Strategy \(2022-2025\)](#) your report links to.

Start Well	Live Well	Age Well
<input type="checkbox"/> Improving outcomes during maternity and early years	<input type="checkbox"/> Reducing the rates of cardiovascular disease	<input type="checkbox"/> Improving places and helping communities to support healthy ageing
<input type="checkbox"/> Improving mental health support for children and young people	<input type="checkbox"/> Improving mental health support for adults particularly for those at greater risk of poor mental health	<input type="checkbox"/> Improving mental health support for older people and reducing feelings of social isolation
<input type="checkbox"/> Reducing the prevalence of obesity in children and young people	<input type="checkbox"/> Reducing the prevalence of obesity in adults	<input type="checkbox"/> Increasing the physical activity of older people

**None of the above? Please clarify below:**

Healthwatch Bucks is your local health and social care champion we make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care.

**1. Purpose of report**

1.1. We are one of 148 independent Local Healthwatch organisations set up by the government under the Health and Social Care Act 2012. Our role is to ensure that health and social care services put the experiences of people at the heart of their work. The report outlines the projects we have been working on over the last quarter. This paper summarises recent project work we have undertaken in relation to health and social care services, as aligned with the priorities of the Joint Health & Wellbeing strategy.

# Healthwatch Bucks update

November 2022

This paper summarises recent project work we have undertaken in relation to health and social care services, as aligned with the priorities of the Joint Health & Wellbeing strategy.

## Live Well

### Social Prescribing Awareness

Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board (BOB ICB) has issued a positive response to our report on awareness of social prescribing in Buckinghamshire.

In her letter to Healthwatch Bucks, Dr Rachael De Caux, Acting Chief Executive, BOB ICB, said:

*We are very grateful for the findings and recommendations from this piece of work. Your findings confirm to us that there is a lot of work to be done to raise the awareness of social prescribing to our population... Your results present a clear need to ensure that our residents know how to access the support available to them.*

### Report and response

You can read them [here](#).

### Social Prescribing Experiences

We have also published a second report looking at people's experiences of social prescribing in Buckinghamshire.

- We developed a short survey and did 14 phone interviews with people who had talked to a social prescriber in 2022.
- We also collected 16 responses in person at three social prescribing 'talking cafes' in July, August and September 2022.
- A further 17 people completed the survey online after receiving a link from a social prescriber or voluntary organisation.
- We also spoke to five social prescribers about the issues they face when trying to get people engaged with new activities or organisations that might be able to help them.

## Key findings

- Most people told us they were happy or very happy about being referred to a social prescriber.
- Most people said they had a positive impression following their use of the social prescribing service.
- Respondents said they found speaking with a social prescriber helpful and appreciated their time and support – though there were some issues with getting more support afterwards.
- 86% of the people we spoke to say their health and / or wellbeing has improved because of the new activities or organisations they'd become involved with – and several said the social prescribing service should be better publicised.

## Our recommendations

We've made recommendations to Buckinghamshire Council and Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board (BOB ICB).

These include:

- Improving the provision of accessible, affordable transport
- Extending the support available to people who need help with claiming benefits, and
- Ensuring that social prescribing services are promoted and supported.

The full report can be accessed [here](#).

## Young Onset Dementia

We're currently working on a research project focused on young onset dementia. We want to find out about people's experiences of living with this condition in Bucks, and also gather the views of their families and carers.

Our mission is to help improve health and social care services for the people who use them. We'll collect answers to our questions on young onset dementia anonymously, then add them to other peoples' responses to form a report. This will contain a set of recommendations that we hope will improve care.

## What we want to know

For this project, we particularly want to know about the support that people with young onset dementia have received. For example:

- What information they were given
- Where or who they first went to for advice on living with young onset dementia

- Whether the information and support on offer was age-appropriate and felt personal to them (and / or their family)
- Whether the right support was made available at the right time.

Overall, we want to know what has worked well for people with this condition, and also what hasn't.

### **Get in touch**

If you showed symptoms of dementia before the age of 65 (even if you are now over that age), or if you know someone who did, please get in touch.

We'd also like to hear about your experiences if you live with (or have lived with) someone with young onset dementia in Buckinghamshire.

You can [register your interest to take part using our online form](mailto:info@healthwatchbucks.co.uk) or contact Alison on [info@healthwatchbucks.co.uk](mailto:info@healthwatchbucks.co.uk). Alternatively, people can complete the survey here [bit.ly/youngonset](https://bit.ly/youngonset).