

# Health & Wellbeing Board

## Buckinghamshire

### Healthwatch Bucks quarterly update

**Date:** 30 March 2023

**Author/Lead Contacts:** Zoe McIntosh, Chief Executive, Healthwatch Bucks

**Report Sponsor:** John Meech, Chair, Healthwatch Bucks

**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

### Purpose of report

Healthwatch Bucks is the Local Healthwatch for Buckinghamshire. We are one of over 150 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.

Start Well

Live Well

Age Well

# Healthwatch Bucks update

March 2023

**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 Experiences

Following the publication of our second report on Social Prescribing, we have received responses to our recommendations from Bucks Council and Bucks ICB. The report and responses can be accessed [here](#).

### Young Onset Dementia

We wanted to find out about people's experiences of living with young onset dementia in Buckinghamshire.

The aim of our research project was to learn about the dementia support people had received and how helpful it was for them.

#### What we did

We developed an online survey that was live from 25 October 2022 until 2 January 2023.

This was publicised through our monthly email newsletter and on our social media channels. We also contacted 27 GP surgeries who have patients with young onset dementia, as well as 42 voluntary and community groups.

The project was also promoted by Buckinghamshire Council's Dementia Strategy Group.

We collected feedback from people living with young onset dementia, as well as their relatives, carers and friends.

#### Key findings

- Most people we spoke to said that when they received their diagnosis, it was difficult or very difficult to get information about the support that might be available for them.

- Of the people who said they'd been given information, less than half said they'd received anything about young onset dementia or their specific type of dementia. Less than half said they'd been told about making a will or power of attorney.

Most people did not receive information about key issues such as:

- Employment rights, benefits, pension advice, peer or family support groups, how to keep fit and mentally stimulated and where to find age appropriate activities.
- Just over half of the people who were given information said that it was age-appropriate 'to some extent'. Only one told us the information was personal to the individual living with young onset dementia, and only one said the information and support was received quickly enough.
- Many people found it difficult to access the support they wanted later on;
- Half the people who shared their views with us said they would like someone to contact them regularly and see how they were getting on.
- Few of the people we spoke to attended any peer support groups.
- Most didn't know any other individuals or families who were living with young onset dementia.
- A few family members told us they thought that the person living with young onset dementia could benefit from socialising with their peers.

### Our recommendations

We recommend that Buckinghamshire Council works with dementia services to provide targeted, local support for people living with young onset dementia.

This could include:

- Providing information in a timely, personal and age-appropriate way, and bearing in mind that such information might be different from that required by older people living with dementia
- Ad-hoc, one-to-one support for issues faced by people with young onset dementia
- A named contact responsible for regularly reaching out to individuals living with young onset dementia, to see where any further information or support might be needed
- Connecting peers (either those with young onset dementia themselves, or their relatives, carers and friends) to create mini support networks.

We recommend that Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board (BOB ICB):

- Encourages general practice to consistently code patients with young onset dementia on the EMIS system so that those who may need more support can be identified easily
- Ensures that, when someone is diagnosed with young onset dementia, Memory Clinics offer them and their support networks information about tailored support
- Encourages general practices and primary care networks (PCNs) to work together to connect those with a young onset dementia diagnosis, and their support networks, across localities.

You can read the report [here](#).

## Our strategic priorities 2023/24

We've agreed on our strategic priorities for 2023/24. These provide the framework we will use for deciding on the work we do.

Our annual priorities help us determine what research we conduct, as well as where to target our efforts on behalf of local people – particularly individuals and communities whose voices aren't always heard.

We'll use our annual priorities to guide:

- How we engage with other organisations
- Which meetings we go to
- Who we talk to about local health and social care

This year's annual priorities have been informed by our previous work, as well as what we've learned in the past 12 months about people's experiences of health and social care services in Buckinghamshire.

### What we'll focus on

Our priorities for 2023/24 are as follows:

- Primary care (with a focus on community pharmacies)
- Social care (with a focus on hospital discharge)
- Children and young people's experiences of health and social care.

# Health & Wellbeing Board

## Buckinghamshire

Healthwatch Bucks will also take a cross-cutting interest in:

- Health inequalities.

This cross-cutting interest means we will consider health inequalities as part of all the work we do, rather than treat it as a single, standalone issue.

We've put together a report that sets out in detail how and why Healthwatch Bucks has chosen its strategic priorities for this year. We hope this will help our partners and the people of Buckinghamshire to understand the decisions we've made. You can read the report [here](#).

Start Well

Live Well

Age Well