



# Ways to Wellness

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# Ways to Wellness Overview

**We aim to demonstrate the important role the voluntary and community sector can play in delivering innovative services and contributing to health and care transformation.**

**Our ambition is to foster cross sector collaboration to tackle health inequalities, across the North East and North Cumbria Integrated Care System.**

**We aim to:**

- **Sponsor and develop innovative programmes and prototypes**
- **Support outcomes based contracting where possible**
- **Support place-based working, building on existing local assets**
- **Use data and clear reporting and accountability processes to demonstrate impact and outcomes.**



# Ways to Wellness Background

- Set up in 2015 - targeted approach to address health inequalities
- Link worker model (Social Prescribing)
- Specific LTC's and age range
- Increased scale circa 14,000 patients / 16 GP practices
- Longer term contract – 6 years
- Longer term support , average 19 months
- Novel combination funding method using a SIB , Lottery Funding & Cabinet Office Funding



# The Impact

- **Building an evidence base – comprehensive MIS**
- **Measuring impact - the individual & the system**
- **Referrals to date : 9281**
- **Average improvement on Well being star : 3.9 points**
- **Secondary care savings (18/19 – 20/21): £2.6m**



# Persistent Physical Symptoms

Example of area ripe for change

Common

Complex / multifactorial

Status quo

Wasteful

Harmful

Disconnecting



# Clinician behaviour

## - How we unwittingly contribute

Feeling pressure of time

Perceived expectations

Shorthand to communicate concern and validate experience

Reductionist approach / medicalising problems

Lack of alternatives



# PPS Pilot (Newcastle)

Clinician training and education

Early identification and holistic intervention

Social prescribing link workers

- *The quality of consultations must in large part depend on freedom from time pressures, without perverse incentives to save time by ill-considered somatisation, prescription or referral, and with protected time in which to develop patients' capacities as producers, rather than consumers.*
- *Julian Tudor Hart*



# Perioperative Waiting Well Project

## Partnering with Newcastle Upon Tyne Hospitals Trust

### Primary aims of the programme:

- Improved postoperative wellbeing and recovery for patients having hip/knee replacement surgery or back surgery.
- Patients will have been supported to 'wait well' and recover quicker, often with longer term healthy behaviours established.
- The NHS will benefit from reduced costs due to lower use of pain medication and/or reduced use of hospital resources (clinician time/bed days) post recovery.





# Perioperative Waiting Well Project cont

## Secondary aims:

- Improved support for patients electing to have major surgery —service developed/rolled out.
- Improved clinician knowledge/understanding of the impact of non-clinical support on post-operative outcomes for patients.

## Long term aims:

- Reduced health inequalities for patients requiring major surgery
- Greater coordination between NHS services and voluntary and community sector services
- Improved local/ICS/national policy environment to deliver these types of intervention.



# Perioperative Waiting Well Project cont

## Measuring success

- Improved quality of life for individuals
- Financial savings and clinician feedback



# Summary

- We are an independent organisation that is proactive in linking different sectors together, providing a space to have innovative and challenging conversations.
- We provide capacity and expertise that bridges the gap between sectors, to better enable VSCE organisations take advantage of the opportunities offered by the creation of the NENC ICS
- We support the codesign and development of evidenced based interventions that improve health and wellbeing
- We utilise our knowledge and experience in dealing with non-standard funding and contractual arrangements to sponsor and risk manage innovative programmes of work.



# Patient experience

## Kathleen's story

<https://vimeo.com/680439263/9863dcfdc4>



[waystowellness.org.uk](http://waystowellness.org.uk)



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