

## **South Provider Alliance: Innovation Fund proposals**

### **Cambridge North Villages: Intensive management of pre-diabetes**

In Cambridge North Villages, there are more people with obesity and diabetes than across the South Alliance as a whole (7.3% v. 5.1%). This project will identify and deliver peer support to people with pre-diabetes, through group consultation, working in collaboration with the CPFT dietetic service to offer bespoke advice on diet and nutrition. The aim is reduce the number of people developing diabetes and is linked to our local Diabetes Strategy for Cambridgeshire and Peterborough.

### **Ely North: Change, Live, Grow Neighbourhood project**

Ely North has a growing population across rural and urban areas and an increasing number of people living in poverty (11% of children and 13% of older people). 'County lines' drug dealers operate in the area and the number of local people with drug and alcohol dependency is increasing. This project aims to prevent substance misuse, and deliver evidence-based interventions for individuals and their families with drug and alcohol dependency in the community, through the Change, Live, Grow service and working in collaboration with other agencies.

### **Ely South: Learning from Neighbourhood Cares**

Soham, within Ely South, was one of the pilot sites for the Neighbourhood Cares programme delivered by Cambridgeshire County Council, where a team of social care staff worked with GPs to focus on what matters to local people with health and care needs. This project will apply learning from the now completed Neighbourhood Cares pilot, building community assets across Ely South and people's individual strengths to ensure they are connected and supported within their neighbourhood.

### **Meridian: Integrated Breathe Easy Community Clinic**

Meridian, in South Cambridgeshire, has a large rural population and a higher rate of respiratory disease, including asthma and COPD, than the rest of the South Alliance (7.1% v. 6.1%). This project will implement a community-based Breathe Easy group in partnership with The Lung Foundation, CPFT and CUH Respiratory services, providing peer support, advice and guidance, and specialist input for people with respiratory disease in local settings, such as Libraries. The model incorporates learning from the University of Kent evaluation of the Breathe Easy approach, which found that integrated groups can reduce referrals to respiratory services, address social isolation and empower people to manage their needs.

### **Granta: Improving discharge**

Granta Integrated Neighbourhood serves 44,000 local people, 1,1312 (3.1%) of which are aged over 85. In 2018/19, there were 741 unplanned admissions to hospital for this group and on average people stayed in hospital for 9.4 days, often waiting for care and support to be arranged before they could return home. This project aims to bring together Granta, CPFT, CUH and Cambridgeshire Care Network's 'Help at Home' service to ensure patients who are medically fit and ready for discharge are able to return home as early as possible. Working with the 'Help at Home' service, this project will aim to ensure that people receive the help they need to be safe and well after returning home from hospital.

### **Cambridge City: Carer Friendly Neighbourhood project**

Cambridge City PCN serves a wide range of local people based both in the city centre, where there is a predominantly younger population, and Bottisham, where there is a predominantly older population. Both groups depend on unpaid carers of all ages, many of whom have not been identified as carers, but provide regular care for their loved ones. This project will focus on the identification of carers across the neighbourhood, providing

information and support to carers, such as health checks and supported breaks, to help them continue in their caring role and achieving the 'Health Carer Friendly Tick Award'.

#### **Cambridge City 4: High Intensity Users**

A small number of people with complex health and care needs often account for the highest utilisation of our health and care services. Cambridge City 4 PCN will identify the 40 people who use our hospital, primary care, social care and ambulance services the most and offer them support, coaching and access to local voluntary sector services, to help them access the support they need. This will build on learning from other High Intensity User projects, including work undertaken by Blackpool CCG, which demonstrated a reduction in the utilisation of primary and secondary care services, and is linked to our local Urgent and Emergency Care programme for Cambridgeshire and Peterborough.

#### **Cam Medical Network and Cantab: Student good mood cafes**

Cam Medical Network and Cantab serve a large population of students, from both Cambridge University and Anglia Ruskin, living in Cambridge City Centre. The number of University students declaring and seeking help for mental health problems is increasing, and there is particular demand for support during pressured times of the academic year, such as exam season. Working in partnership with the Universities, Colleges of Cambridge University and Mind, this project will implement Good Mood cafes, facilitated and supported by volunteers to provide proactive, peer support to local students with mental health needs.