

BEING WELL IN THE WEST – OUTCOMES

TOTAL ATTENDEES: 184 (Female 112/Male 74)

Provider	Total Seen	Actions
Health Hub	48	7 GP referrals (5 BP/2 blood glucose), 2 weight management/dietary advice, 1 cardiology booked
MSK HERE	18	12 Advice and guidance, 1 GP ref, 4 advised to self refer to MSK, 1 ref physio, 1 knee brace, 1 community appointment day
Hypertension service	35	12 GP referrals, 1 wellbeing referral, 5 BP diary, 1 Advice
Community Pharmacy	63	1 ref CGL, Healthy living advice, 5 GP referrals, 7 alcohol scratch cards, 3 asthma spacers, BP monitor, awareness raising
Healthy Lifestyles team	26	4 stop smoking, 8 healthy eating, 7 physical activity, 1 CO monitor
Social Prescribing	10	6 Ref to social prescribing, 3 GP ref, 1 HKP ref
MIND	9	Details of service, volunteering, counselling info, stress management
Bowel screening	32	BSCP card, hub number, symptoms leaflet, info re age of screening provided
ACT/Macmillan	85	Cancer awareness raising (70 quizzes completed)
HKP wellbeing	9	Consultation on wellbeing activities
Learning difficulties	9	Healthy lifestyle, info/resources shared, My Care Passport
HKP groups	47	5 NHS App support, info re HKP services/activities
PPG	14	14 patient contact details provided to be contacted re PPG meetings
Massage/Ear Acupuncture	74	39 ear acupuncture, 16 hand massage, 9 massage

Karen Cox MSK: “It was great to see people engaged in understanding what matters to them and how to support their health. We saw 8 of our own booked appointments and a further 10 walk-ins. For any future events, we would not invite our own because we had to turn away people which is such a missed opportunity. In the health hub, we had a great uptake of over 48 people for blood pressure and blood glucose checks and associated education. We picked up 5 potential hypertensives and two people with high glucose readings, all of which were signposted to their GP for further investigations”.

Tory Lawrence: “I also wanted to second that thanks and congratulation to you both for organising a delivering such a fantastic and well attend community event. You definitely engaged with the local community and offered support to help improve their health and well-being. West Hove PCN were delighted to work in partnership with you as part of the event. “

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How do you think the event has supported your health and wellbeing? (please circle below)

Improved knowledge of health issues	Yes 28	No 3
Feel less isolated	Yes 25	No 3
Improved knowledge of health services	Yes 24	No 2
Feel more confident to manage your health and wellbeing	Yes 24	No 1

Participant feedback:

“All the people were lovely and extremely helpful. I have discovered new areas to get interested in.”

“Experiencing something different, moving out of my comfort zone”

“I enjoyed the information available and alternative health in particular.”

“Learning about the breadth of facilities and support available locally and seeing proof of community networking at its best “

“It has given me encouragement to live a healthier lifestyle, to take care of myself better, to exercise”

“Everyone enjoyed the social aspect of the event, meeting new people, networking”

“Helps me to just sit in the peace and enjoy the moment with racing mind””

“Interesting day, learnt new ideas about health care””

“I was given my own blood pressure monitor-thanks”

Improvements/changes

Signs behind stalls (eg Health Hub – blood sugar monitoring etc)

Waiting areas/more space – consider use of HCC as larger space

Quiet areas – sound levels were high

Treatments: more therapists/massage slots. Clear signs with need to book treatments.

Include information/providers re nutrition/yoga/mindfulness/weight management programmes

? donations for refreshments

Cholesterol testing was supposed to be offered but did not materialise – find out reasons as some people attended to receive this test

Busy atrium – lack of seating and access for wheelchairs