



North West London
Clinical Commissioning Group

North Kensington Recovery



North Kensington Health & Wellbeing Network

20th May 2021, 10:00 – 11:30

Meeting ground rules



We have put together some ground rules in order to run this online meeting:

- Please mute your microphone throughout the meeting unless you have been asked to speak.
- This meeting will be recorded. The recording will be for note taking purposes only. Please let us know if you have any concerns with this.
- Please write your name and organisation in the chat window.
- If you would like to ask a question during a presentation please write this in the 'chat' window.
- If you would like to speak, use the 'raise your hand' button or write HAND in the 'chat' window and someone will let you know when you can speak.
- Please let us know if you have questions about any of the above.



Agenda

10:00 *Welcome, ground rules, agenda*

10:05 *Update from North Kensington Recovery team
(Kalwant Sahota)*

10:20 *Resilience Fund: Q&A*

11:00 *Breakout rooms: Sharing resources*

11:20 *Updates and announcements*

Health and Wellbeing Strategy for North Kensington

- Improving health and well being of communities, through building resilience within North Kensington.
- Key feedback has been ‘we are a family’ so want to be treated as a family; help local community to build their own capacity so they can look after themselves; support as a whole community.
- Long standing health inequalities with poorer physical health and mental wellbeing i.e. diabetes; mental health; obesity; hypertension and depression.
- Ensuring access to non-medical activities and services in the community.
Programme

**A Health and
Wellbeing Strategy**
for North Kensington to March 2024



Questions

- Does the current self care offer reflect need
- What changes need to be made to refresh the North Kensington Health and Wellbeing Strategy

Resilience Fund

Micro-grants:

For smaller VCS organisations with an income of less than £100,000 a year: smaller grants available between £1,500 - £10,000 will be awarded for each project (unincorporated organisations and new organisations can apply for a maximum of £2,000 or discuss this with KCSC).

General grants:

For larger VCS organisations with an income of over £100,000, there are applications between £5,000 and £40,000 for each project. A special focus will be placed on organisations that work with service users from BAME backgrounds. Organisations applying for a larger amount will need to demonstrate evidence of having managed a fund similar in size, or demonstrate that they have the relevant systems in place to do so.

Projects will commence on 1 July 2021; micro-grant projects will be expected to run for 6 - 12 months and general grant projects will run for 12 - 15 months, with an initial three month planning period.

In order to qualify, you must show evidence of financial accounts and previous work. KCSC also has organisational development support available for smaller organisations who require assistance in developing policies and procedures.

Essential Criteria

- Demonstrate the need for the proposed service based on **evidence** gathered and provide this evidence in your application
- Services that contribute towards building **community resilience** for adults aged **18-64**; these can be **new services or already existing services looking to scale up.**
- You are willing to open **up your service to others outside of your current membership** via referrals (e.g. from Primary Care (GPs), NHS Link workers, etc.) If you are not currently in the position to accept referrals, KCSC can assist you in developing this aspect or we can further discuss the implications that this may have on your service
- Culturally appropriate self-care services outlined in the [North Kensington Health and wellbeing strategy](#)
- All projects must have a clearly **defined programme of delivery** (number of sessions, number people you intend to reach, materials required etc.)
- Services that improve the health and wellbeing of people in the **community most in need**, for example: isolated communities, BME communities, people who are overweight, people with long term health conditions, people with a disability, and the LGBTQ+ community
- Projects should have a clear **'exit strategy'** at the end of the project. This is a plan describing how you will continue the project or have a lasting legacy when the funding period has ended
- Commitment to **completing relevant outcome measurements** (with KCSC assistance if required)
- Experience of working in **North Kensington**

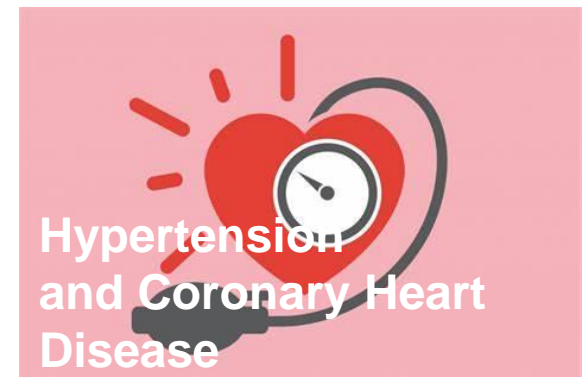
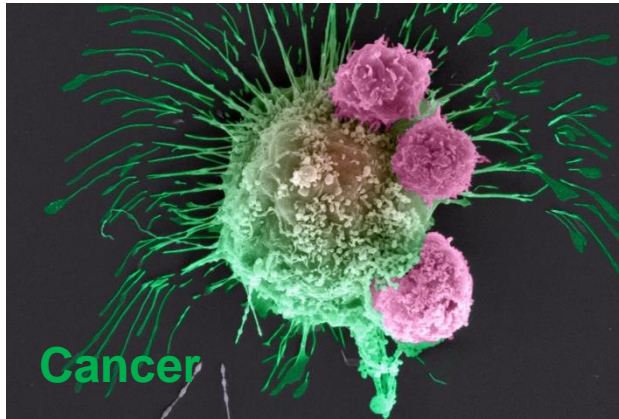
Scaling up in a Social Prescribing Context:

1. **Creating referral pathways** with the NHS/ Primary Care Networks (GPs) and Social Prescribing Link workers
2. Be able to demonstrate **clear outcomes**, not just activities i.e. improvements in confidence and wellbeing among service users, maintaining a healthy lifestyle
3. **Building capacity** in service users via participatory projects, train the trainer models
4. **Partner** with other local organisations to deliver joint services
5. Increase **diversity** of service users

Other criteria

- Partnerships with other local VCS organisations and/or statutory bodies are strongly encouraged and will be given priority
- Equip people with the knowledge and skills to better their long-term conditions
- Reduce social isolation
- Promote long-term behaviour change and empower adults to take control of their health and wellbeing
- Seek to address the following health concerns in a holistic manner: Cancer, Diabetes, Asthma, Obesity, Hypertension, Coronary Heart Disease and Mental Health

Key health themes in NWLCCG Social Prescribing Strategy for North Kensington





Partnering and sharing resources

Benefits:

Can minimise duplication of services, reduce pressure on individual organisations, increase amount of funding, build capacity, offer staff new opportunities.

Resources that can be shared:

- Space (offices, green space)
- Funding
- Expertise
- Contacts

Breakout Rooms

Each room discusses the following question:

- *In light of the COVID-19 pandemic, has your organisation considered partnering and sharing resources with other organisations? In what ways have you thought about doing this?*

One person nominated to briefly speak back to main group upon return.