

Community Wellbeing Practice Summary

Aim: The Community Wellbeing Practice model proposes a holistic, community centred approach to healthcare - one in which the practice supports patients with the treatment and management of illness, but also connects them to community based services and support; thereby enabling patients to acquire the skills, knowledge and resources needed to achieve meaningful improvements in their health and wellbeing.

KPI's:

- Patients accessing community based services report improved wellbeing levels
- Patients and Practitioners report better access to community based services
- There is evidence of partnership working between General Practices and the VCSE sector
- 50% of practice staff will have undertaken brief interventions training about wellbeing
- To evidence that each practice is adopting a holistic community wellbeing approach as part of their healthcare provision for patients

Tactical work: (cross cutting all practices)

- Strengthening third sector collaborations - integrated services
- Brief interventions training - for staff and patients
- Health campaigns and initiatives
- Evidence based wellbeing interventions
- Capacity building activities

Thematic work: (bespoke to each individual practice, themes change every quarter)

Appleton Practice	Beaconsfield Surgery	Brookvale Practice	Castlefields Practice	Grove House Practice	Hough Green Practice	Murdishaw Practice	Tower House
<p>‘Wellbeing and the environment’</p> <p>The local environment/ community assets and the impact on wellbeing</p>	<p>‘Wellbeing and peer support’</p> <p>Developing capacity for peer support in the community</p>	<p>‘Wellbeing and life transitions’</p> <p>Providing support for people transitioning throughout life e.g. adulthood to later life</p>	<p>‘Wellbeing and Relationships’</p> <p>Good relationships are critical for wellbeing. This theme will build on this insight</p>	<p>‘Wellbeing: later life and resilience’</p> <p>Building resilience in later life in Halton</p>	<p>‘Wellbeing and learning throughout life’</p> <p>Promoting learning opportunities throughout the life course</p>	<p>‘Wellbeing and community connections’</p> <p>tbc</p>	<p>‘Wellbeing: caring for self and others’</p> <p>Promoting self-care and the importance of caring for others in the community</p>