

The golden thread:

**Physical activity and addressing
our population's health needs**

**Nadia Holland, Inner City & East Bristol
Locality Development Manager**



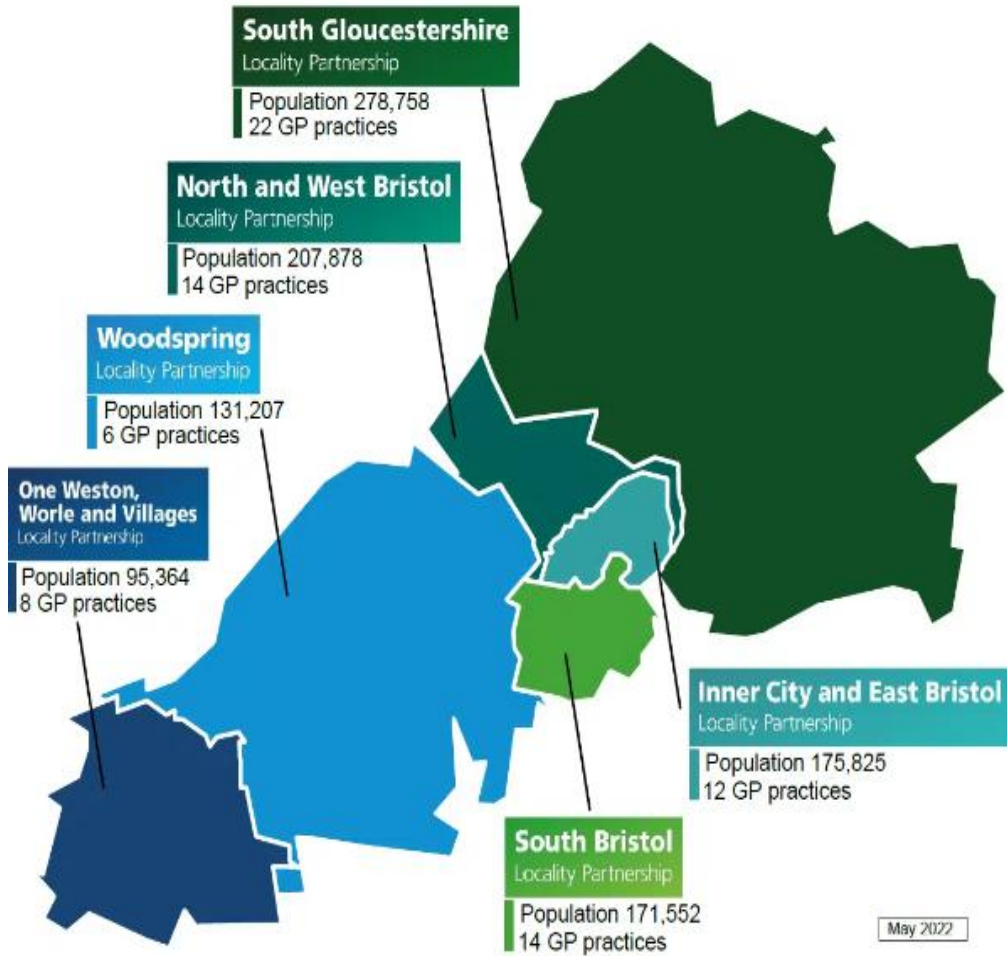
About me

- 15 years of experience working in healthcare and arts sector
- Last 7 years working in the NHS across public mental health projects and population health
- Interest in how we can work differently across healthcare, with a particular focus on creative health, green social prescribing and benefits of physical activity.



BNSSG Localities

Figure 1: Bristol, North Somerset and South Gloucestershire Integrated Care System

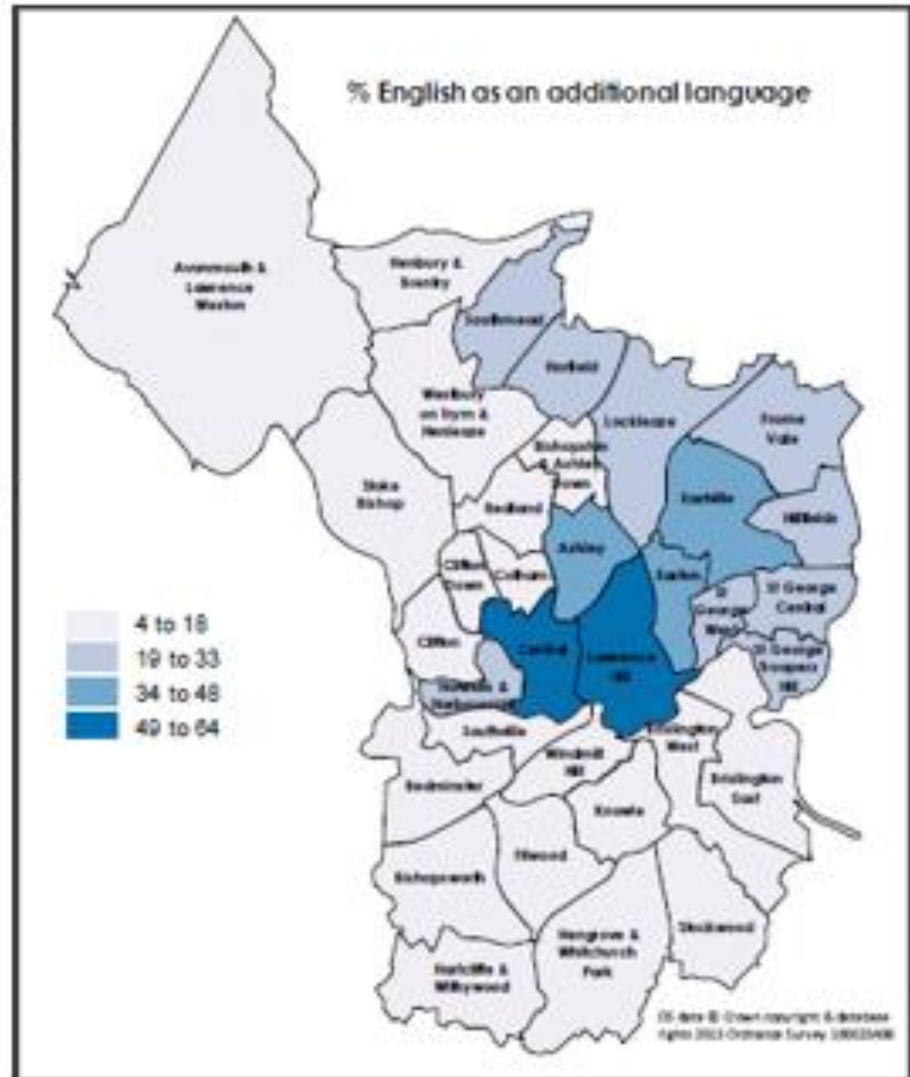


Population of 1 million served by:

- 6 integrated locality partnerships
- 3 local authorities and Health and Wellbeing Boards
- 56 children's centres
- 278 care homes
- 1 GP Federation & 1 GP Collaborative with circa 80 general practices and 20 primary care networks
- 1 of each Medical, Dental, Optometry and Pharmacy Committees
- 1 Primary Care 24/7 and 111 service
- 169 pharmacies
- 114 dental practices
- 79 opticians
- 1 community care provider
- 1 Healthwatch
- 1 mental health trust
- 1 ambulance service trust
- 1 Academic Health Science Centre
- 2 acute hospital providers
- Hundreds of voluntary, community and social enterprise organisations



Inner City and East Bristol Locality



Population: 175,825

GP Practices: 12 (4 Primary Care Networks)

- **A Youthful Locality** – benefits expected are offset by the population experiencing adverse effects of ageing earlier in comparison to other parts of BNSSG (bar South Bristol).
- **Diversity** – see left. 1 in 3 ICE residents are from an ethnic minority background; 1 in 2 people of this population under 18.
- **Deprivation** – Some ICE wards are amongst the most deprived in BNSSG (Barton Hill, Lawrence Hill) where people are more likely to die younger and experience ill health for longer.
- **Unmet needs:** some populations not accessing traditional healthcare settings

Inner City and East Bristol Locality



Starting Well

Focus on children & young people's access to mental health support and healthy weight management



Living Well

Reduce the pattern of early ageing.
Develop biopsychosocial interventions for health and wellbeing.
Improve health outcomes for marginalised communities



Aging Well

Reducing preventable falls.
Reduce the high prevalence of severe frailty in over 75s in Asia, Mixed Race and Black communities.

Starting Well

BRISTOL CHILDREN & YOUNG PEOPLE POSITIVE ACTIVITIES GRANT

2023-24



We partnered with Wesport to manage the grant, which supported:

- Projects to improve mental health outcomes through positive activities
- 5 organisations: Bristol City Robins Foundation; Bristol Somali Youth Voice; Creative Youth Network; Off the Record and Trinity Community Arts
- 970 children and young people participated in sport, nature and arts activities

Feedback

‘Being involved in your sessions has been very positive, it gives me an opportunity to engage in exercise, play football and meet new friends, it also created space to showcase myself. I love sport, and participating in your sessions significantly contributed to my confidence and wellbeing’

Living Well





Ageing Well



Bristol Active City Network (BACN)

In January 2024 Bristol City Council commissioned Miova Consultants to conduct diagnostic interviews with partnership group members

The purpose: understand current mood, dynamics, and provide recommendations for follow-on workshops

Past 18 months: Built strong foundations for the network. Delivered workshops and training for network members and wider partners. Focused on system leadership, data and insights to inform a Theory of Change

Bristol Active City Network (BACN): Vision

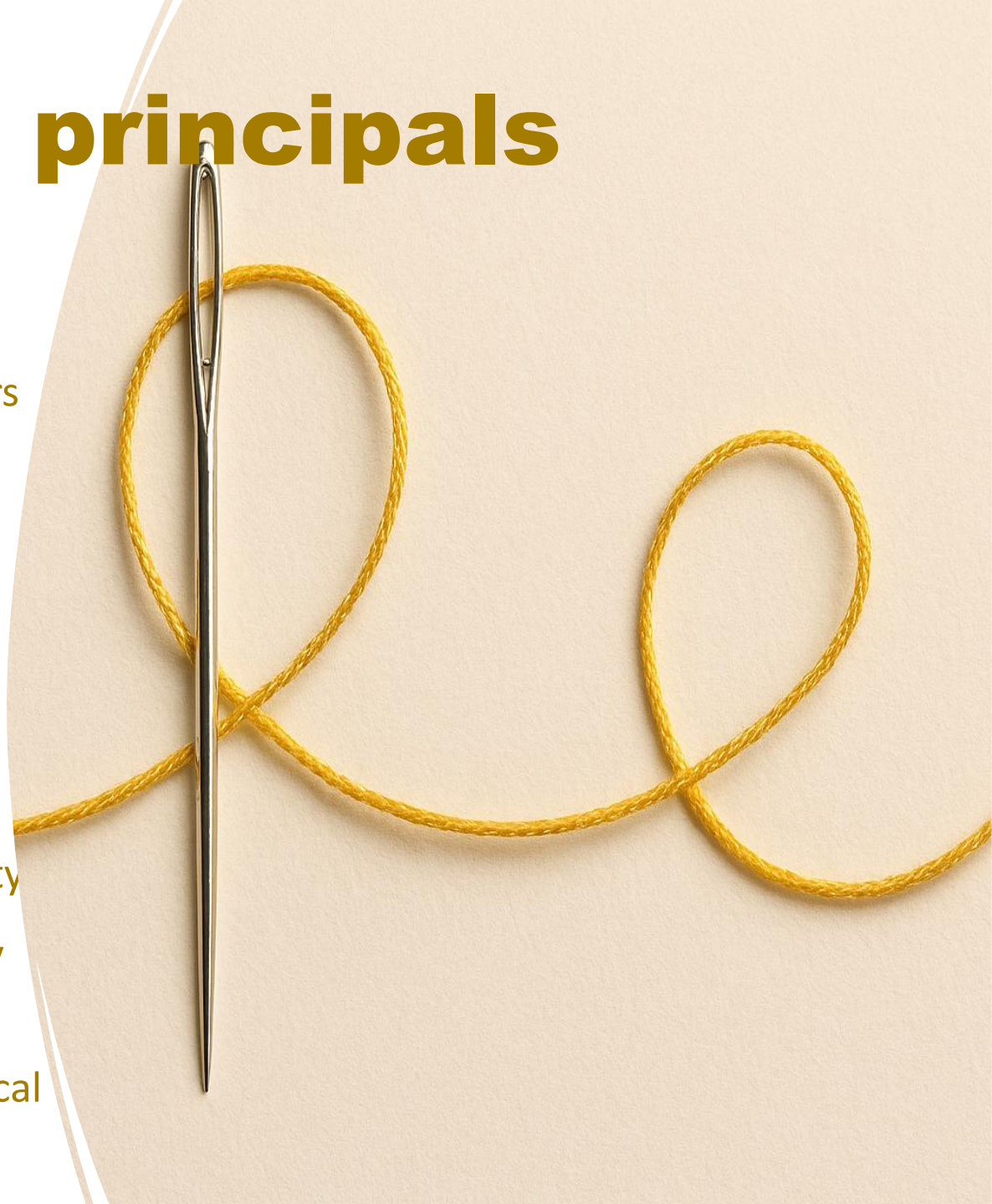
"To ensure that all Bristol citizens have the encouragement, opportunity and environment they need to lead active, healthy and fulfilling lives.

By working collaboratively and cooperatively, as a whole system, we will seek to transform attitudes and behaviours and make it easier for residents to move more, enjoy sport and physical activity and embed it into their everyday lives."



BACN cross cutting principals

1. Distributed and collective leadership.
2. Collaboration within and across organisations.
3. Capacity and capability across the workforce, volunteers and in communities.
4. Facilitative processes for agile, collaborative working and proportionate, representative governance.
5. Cycles of learning and action.
6. Co-production, local people-led initiatives (community power).
7. Cultures and practices for wellbeing and physical activity
8. Identifying the barriers and enablers of physical activity in the local context.
9. Physical environments that enable wellbeing and physical activity.



NHS England: Fit for the future



From
hospital to
community



From
analogue to
digital



From
sickness to
prevention

How a stitch in time, saves nine.....

Physical activity could become the cornerstone of the NHS prevention strategy:

- Early intervention using evidence based physical activity approach to address wide range of chronic conditions.
- Targeted investment in community sport facilities for underserved communities.
- £250 million place-based investment
- National campaigns and incentives for lifestyle change
- Using digital tools such as watches, apps to support people to manage their own health.



Tapestry thinking

