

## Health and Wellbeing Board Information Bulletin

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### **Dementia risk now included as part of NHS Health Check**

Healthcare professionals in GP surgeries and the community will now give advice to their patients on how they can reduce their dementia risk as part of the NHS Health Check. For further information please see:

<https://www.gov.uk/government/news/dementia-risk-now-included-as-part-of-nhs-health-check>

### **The Good Thinking Project**

The Good Thinking Project helps people find tools and resources that will support them to manage issues such as anxiety, sleep, stress and feeling low and sad.

Further stakeholder information about the project can be found at:

<https://www.thegoodthinkingproject.london/>

The public facing website, which provides information about how to access support can be found here: [good-thinking.uk](http://good-thinking.uk).

### **GP extended access service**

Extra GP and nurse appointments in the evenings, weekends and public holidays are available to Enfield patients. There is now walk-in access at some of the hubs on weekends and also public holidays. The single point of access number is now available 8am-8pm daily. For more information, please see:

<http://www.enfieldccg.nhs.uk/primary-care-gp-hubs.htm>

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## **Healthy London Partnership Update:**

### **Poor Oral Health & Homelessness**

Poor access to dental services has a significant impact on the lives of people experiencing homelessness. Poor oral health commonly causes pain and suffering; dental pain can have a negative impact on mental and physical health and, in some cases, can cause people to use alcohol or drugs to control their pain.



Healthy London Partnership, Public Health England, and Ground have developed a poster that aims to help homeless people access dental services and provide information about how to become an oral health champion. The poster can be downloaded from:

<https://www.healthylondon.org/all-londoners-have-the-right-to-a-healthy-mouth/>

## **Social Prescribing**

Social prescribing is a way of linking patients in primary care with sources of support in the community that can help them manage or overcome the social factors that can impact on health, such as employment, debt and social isolation. A range of online social prescribing resources can be found here:

<https://www.healthylondon.org/our-work/proactive-care/social-prescribing/>

## **Cancer – New Guide for Commissioners**

The Transforming Cancer Service team has developed a tool kit which provides a 4-point model to enable STPs, CCGs and front-line staff support patients with a diagnosis of cancer to self-manage. Further Information can be found at:

<https://www.healthylondon.org/resource/commissioning-and-delivery-toolkit-for-cancer-as-a-long-term-condition/>

## **Ask About Asthma 3**

London's #AskAboutAsthma campaign is back and will run from 3-16 September. The campaign has three simple asks. If you're working or caring for children and young people with asthma make sure they 1) have an asthma plan 2) can use their inhaler properly 3) have an annual review. Further information can be found at:

<https://www.healthylondon.org/ask-about-asthma-3-16-september-2018/>

## **Storytelling to get parents and children talking about mental health**

Thrive LDN has teamed up with children's story center Discover to promote positive mental health educational events for young children and their parents through a series of free-to-attend storytelling sessions across the capital. For more information, please see:

<https://www.healthylondon.org/thrive-ldn-partners-with-discover-storytelling-to-get-parents-and-children-talking-about-mental-health/>

## **London Mental Health Handover Form**

The Healthy London Partnership has worked with London's A&E departments, police forces and service users to develop a handover form. This has resulted in 83 per cent fewer people, compared to the previous year, going missing from A&E when having a mental health crisis,. Further information can be found at:

<https://www.healthylondon.org/resource/case-study-londons-mental-health-handover-form/>

## **The role of cities in improving population health: international insights**

The King's Fund has released a report that explores the role cities are playing in improving population health and the conditions needed for success. The report draws on case studies to explore the conditions required for successful health governance in cities and the role that city governments can play in improving population health. The report can be found:

<https://www.healthylondon.org/resource/in-focus-the-role-of-cities-in-improving-population-health-international-insights/>

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