
HEALTH
INEQUALITIES
FELLOWSHIP
APRIL 2023-2024

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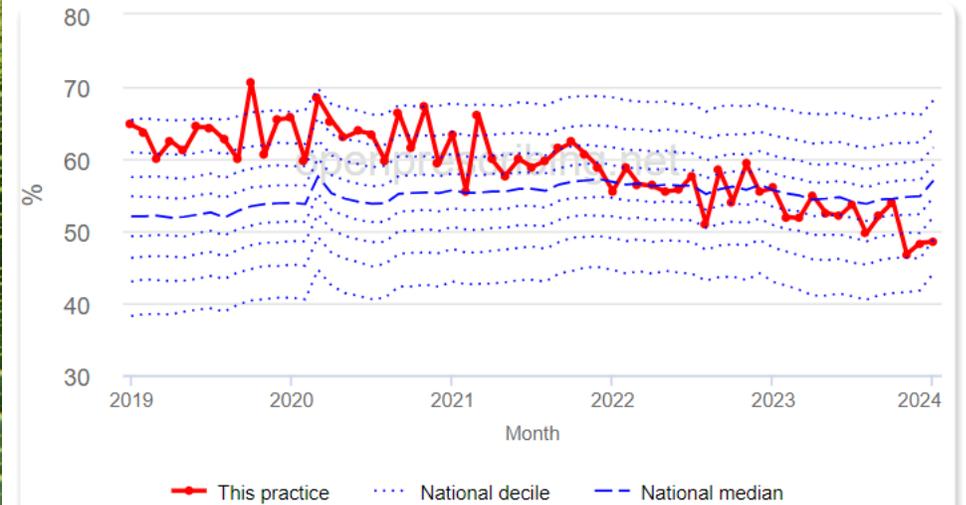
MAXIMISING CLIMATE MITIGATION & ADAPTATION IN PRIMARY CARE

- Triple Inequality
 - ✓ 'Greening' the practice
 - ✓ Health creation
 - ✓ Minimal Medicine inc. Inhalers
 - ✓ Websites
 - ✓ Connections

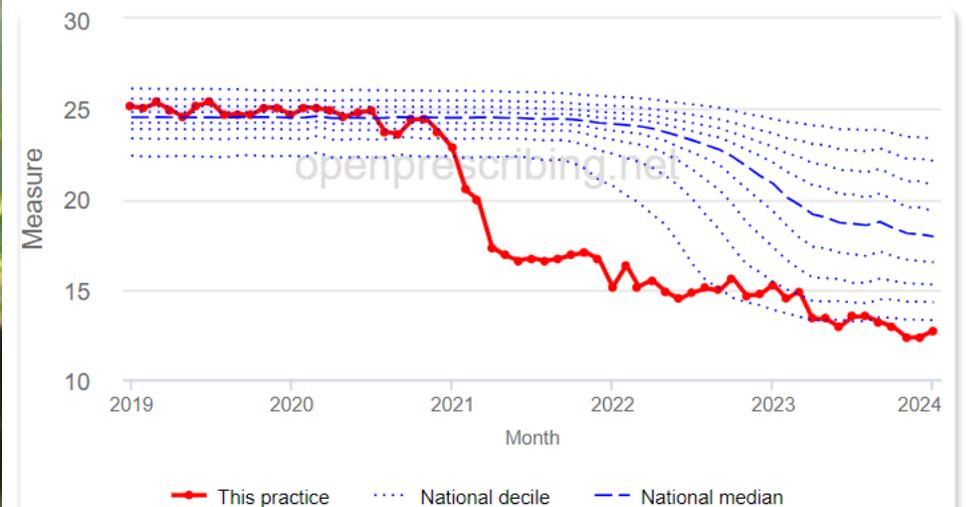
'GREENING' THE PRACTICE

- ✓ Green Team
 - ✓ Green Impact for Health Toolkit (Silver)
 - ✓ Green Plan
 - ✓ Deprescribing projects
 - Iron (£1200 and >700 kgCO₂e in savings)
 - Pregabalin
 - Polypharmacy & ACB QIPs planned
 - ✓ Waste reduction QIP
 - ✓ Health creation
 - ✓ Inhalers
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MDIs prescribed as a proportion of all inhalers in BNF Chapter 3, excluding salbutamol



Mean carbon impact (kg CO₂e) per salbutamol inhaler prescribed







PHYSICAL ACTIVITY RESOURCES FOR CKMP PATIENTS updated November 2023

HOW TO REFER

Patient can self-refer to groups (send them the relevant Accrux text) or you can refer directly (see details below). If referring directly, record permission from patient within EMIS consultation to share their details & medical conditions (if relevant) with the group organiser.

If you can't find the right resource or your patient needs more input, refer them to Jane Rogers at Wellspring. Patients can self-refer (send them Accrux text 'Jane Rogers Self-referral') or you can email jane.rogers@wab.org.uk with patient's details + info about their needs (again record patient consent to do so). She can connect them with sports & nature groups.

ACCURUX 'GET ACTIVE' TEXTS

Search 'Live Well' on Accrux to find texts which can be sent to patients:

- "Get Active"
- "Get Active after illness"
- "Get Active in later life"
- "Healthier with Nature" – local green spaces map & nature groups

There are also texts in the Live Well section for 'Healthy eating', 'Lose weight', 'Sleep better', 'Drink less' & 'Smoking cessation'.

RESOURCES

Jane Rogers works at Wellspring and the Wellspring settlement also runs:

- Stretch & Strength
- More Well (introduction)
- Yoga-based movements
- Yoga for Anxiety (mental health)

PARK RUN

Parkrun happens every Saturday morning at Park, B55 6PX. You can walk, run, volunteer everyone is welcome. <https://www.parkrun.org.uk/castville/>. Accrux text 'Park Run'. Refer via <https://www.wab.org.uk>

Easton + St Paul's schemes. Patients can refer to:

- RAKING & BAKING

St Werburgh's Community gardening in small spaces and <https://stwerburghs.org.uk>. Accrux text 'Raking & Baking'.



RVICE

Celebrating Black history, working
to improve representation of
our communities



**How can we use art to better
amplify the voices of global
majority communities?**



Healthier with Nature



1 Felix Road Adventure Playground
 Mon-Fri 3.30-5.30pm (term time)
 12.30-5pm (school holidays)
 Sun 1-5.30pm

2 Community Gardening
 Thursdays 1.30-3.30pm

3 Wild swimming
 Tuesdays (Henleaze Lake)
 Thursdays (West Country Water Park)

4 Nordic Walking
 Thurs & Fri
 Contact for details

5 Walking Group
 Alternate Thursdays 12-2pm

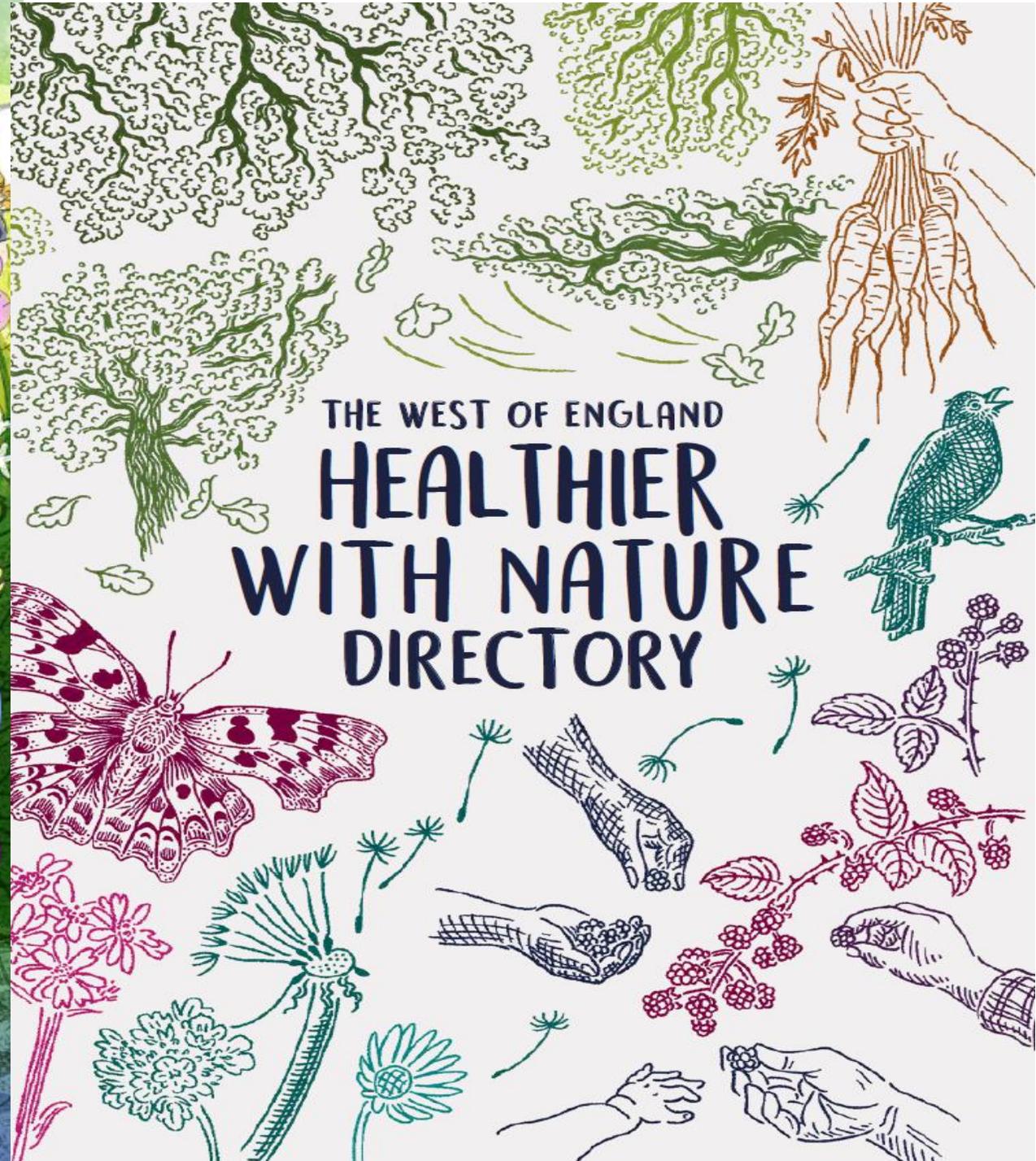
6 Fresh Air Thursdays
 Thurs 1-5pm

7 Active Talk
 Contact for details

8 Nordic Walking
 Tuesdays 10-11am

- 1** Felix Road Adventure Playground BS5 0JW
 Contact: tom@pourestreet.org.uk
 tel: 0117 954 1409, web: eastsidecommunitytrust.org.uk
- 2** Wellspring Settlement, 43 Ducie Road, BS5 0AX
 Contact: abi@aliveactivities.org
 tel: 07379 498764, web: aliveactivities.org
- 3** In partnership with Wellspring Surgery,
 Bean St, BS5 9QY
 Contact: Referrals via GP/Social Prescriber
 web: openmindsactive.org
- 4** Barton Hill Urban Park BS5 9XE & Nethan Park BS5 9RX
 Contact: b2activityclub@gmail.com
 tel: 07914 768023, web: bartonhillactivityclub.org

- 5** Nethan Park BS5 9RX
 Contact: bristolsonaliyouthoice@hotmail.com
 tel: 07576 738583, web: bristoloyouthoice.org
- 6** Strawberry Lane Community Garden BS5
 Contact: Amy@thebirchcollective.co.uk
 tel: 07871843893 or 07936784637
 web: www.thebirchcollective.co.uk
- 7** St George Park BS5 7AW & Nethan Park BS5 9RX
 Contact: charlieh@activebeing.co.uk
 tel: 07764 744609, web: activebeing.co.uk
- 8** St George Park, BS5 7AW
 Contact: subitha@letswalkbristol.org
 tel: 07721 711687, web: letswalkbristol.org

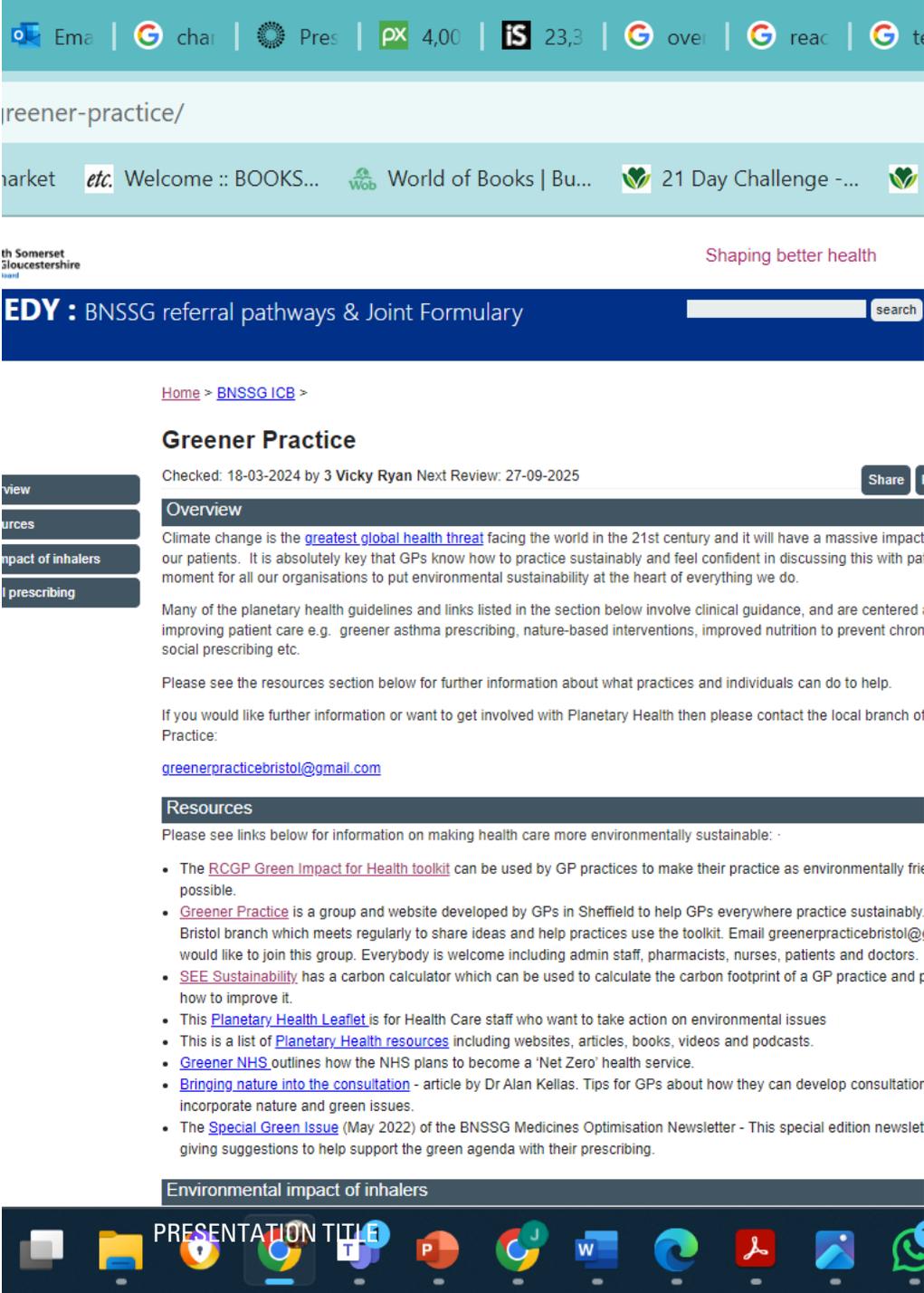






MINIMAL MEDICINE

- ✓ Lifestyle interventions first
 - ✓ Healthier with Nature Directory & teaching session
 - ✓ Deprescribing QIPs
 - ✓ Pharmacy Quality Scheme (PQS)
 - ✓ Inhalers
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WEBSITES

- ✓ Lack of time
 - ✓ Remedy Greener Practice Page
 - ✓ Deep End Green page
 - ✓ Healthier with Nature website
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CONNECTIONS

- ✓ CKMP & surrounding area
 - ✓ Greener Practice (Bristol & Bath, SW & National)
 - ✓ ICS Sustainability Team
 - ✓ ICS Pharmacists
 - ✓ Healthier with Nature Team
 - ✓ Wesport
 - ✓ Deep End
 - ✓ Training Hub
 - ✓ GPCB Board
 - ✓ Brisdoc Board
 - ✓ RCGP
 - ✓ VCSE sector & CATCH
-



CONTAGIOUS CHANGE the CORNWALL WAY



the What?

1. CONNECT

Make contact with practices etc; create a network of collaborative action, with 'permission to act'



Collect & share ideas; create specific goals and achievable targets



The range of projects we're delivering on!

2. CATALYSE

15 ACTION AREAS + TOOLS

25 GREEN GENIUS PROJECTS

30+ GREEN ROCKET FUELS! Newsletters

35 Pioneer PRACTICES

40+ Microgreens CASE STUDIES

56 practice strong ICS

£50k extra project funds

6 Community Gardens

20+ ELECTRIC BIKES at practices!

300+ members!

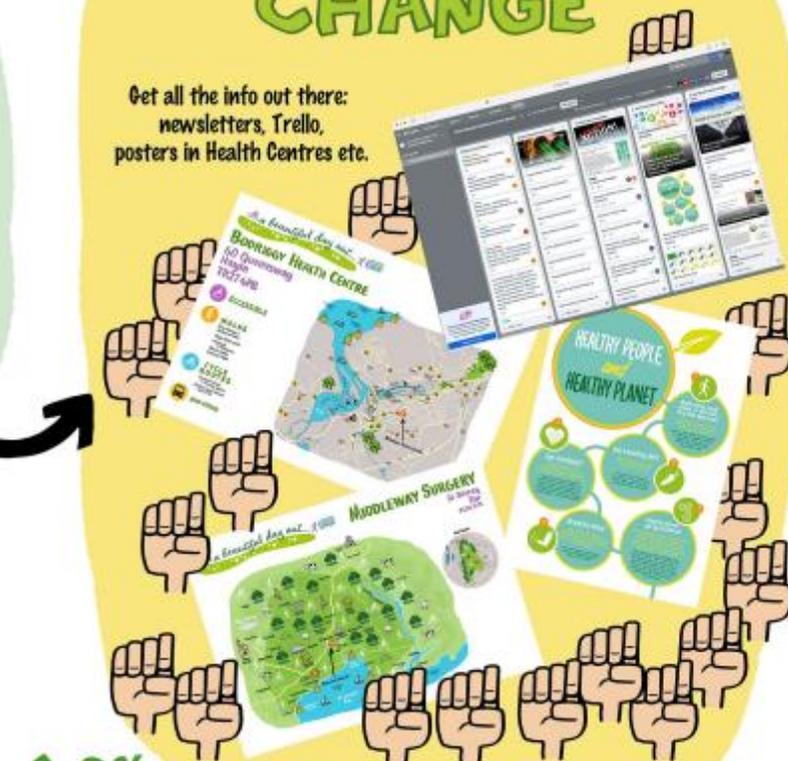
REUSABLE Sanitary Products

Bags for Meds for homeless people

6 EV Charging Points

3. COMMUNICATE for CONTAGIOUS CHANGE

Get all the info out there: newsletters, Trello, posters in Health Centres etc.



60% of practices engaging in Energy Management; potential savings identified so far from £1,500 to £12,000 and potential carbon reduction of between 3 tonnes p/a to 17 tonnes p/a!

CATCH PROGRAMME

(COMMUNITIES ACTING TOGETHER FOR CLIMATE & HEALTH)

- ✓ Combination of Cornwall & Gloucestershire work
 - ✓ Team of non-clinicians & clinicians
 - ✓ Organisational management support, employment & administration by VCSE alliance (Voscur)
 - ✓ Focus on prevention and building healthy, resilient communities
 - ✓ Support practices to get green & focus on health creation
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'POWER UP' PROJECTS

- ✓ Physical activity
 - ✓ Veg box schemes
 - ✓ Re-useable menstrual products
 - ✓ Medicines storage for patients living on the streets
 - ✓ Green spaces
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THANK YOU