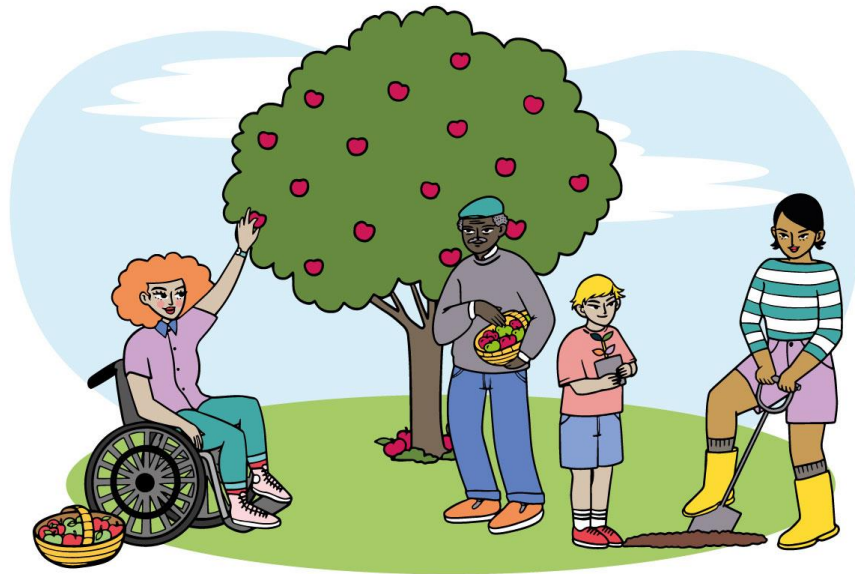




# Growing Health Together



Dr Gillian Orrow

GP & Director, *Growing Health Together*

Neighbourhood Clinical Lead, *NHS Surrey Heartlands (East Surrey)*

Clinical Lead for Social Prescribing, *NHS Surrey Heartlands (East Surrey)*

Clinical Lead for Thriving & Empowered Communities, *NHS Surrey Heartlands & Surrey County Council*



Part 1: Growing Health Together (GHT)

Part 2: Evaluation of GHT

Part 3: East Surrey Neighbourhoods

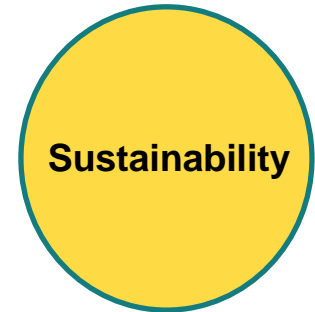
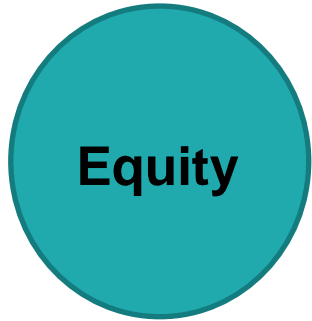


[Growing Health Together - YouTube](#)

# Ambition



**Co-create conditions that enable people's health and wellbeing to flourish**

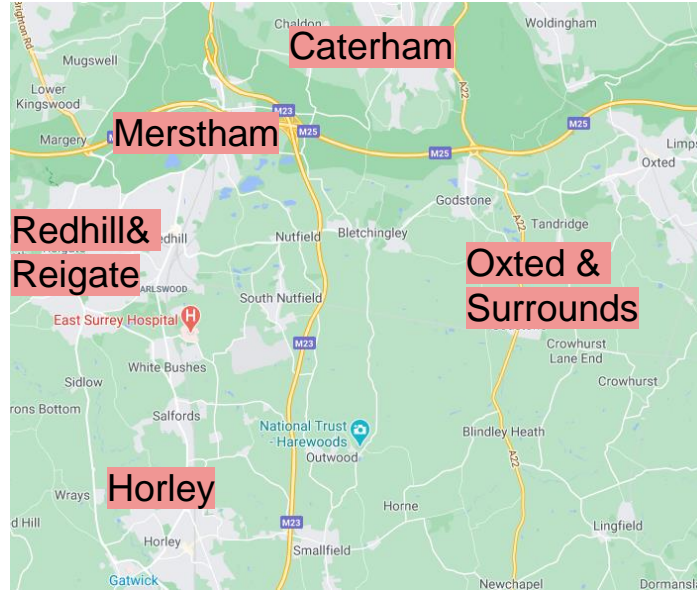


# Wider Determinants of Health



# Community Conversations





# Neighbourhood Health Creation



1. **Connecting**
2. **Listening** to what's already strong – highlighting & connecting; where are the challenges
3. **Enabling** community-led responses
4. **Facilitating** Citizen-Provider **collaboration**

# Smallfield Inclusive Exercise Class



40-45 attendees/week

Improving mobility,  
independence, mental  
health

A study of a similar exercise programmes for older people was published in the Lancet Public Health in 2022. The public summary of this trial, written by NIHR Evidence concluded:

“The researchers found that people in the exercise group used less health and social care, saving £725 per person in 24 months; long-term savings could be higher”.

[Ref: Exercise classes improve mobility in older people - NIHR Evidence](#)

# Asian Women's Wellness Hub



Meets fortnightly

Also spin-off 'Sister Circle' for younger members

Health talks

Hijabi-friendly fitness classes

Cycle instruction & free bikes

*"I am very happy since women's group has started. I used to feel lonely since my husband died, but now my life is changing"*

# Friday Night Project



- At De Stafford Sports Centre & Tandridge Leisure Centre
- Supporting physical activity, social wellbeing & mental health for 11-16 year olds



# Warren Clark Golfing Dreams

Physical activity & nature connection for people with ASD, learning or physical disabilities

Outreach health checks



# Africa Community in Surrey & Sussex

Cultural events

Talks on wider determinants of health & health topics of interest

Outreach health checks

Improving sickle cell care



# Addressing Perinatal Health Inequalities



## Hospital data:

- Poorer maternal and infant health outcomes in South Asian women living in Redhill & Merstham areas particularly
- Antenatal & postnatal support: medical, breast-feeding, social connections
- By investing in health in first 1000 days, can create improvements in current and future health and wellbeing outcomes



Tip of the iceberg.....



# Thank you to all our colleagues, partners, community collaborators



NO  
ONE  
LEFT  
BEHIND



Our  
Residents



Being  
Excellent



Being  
Open



Working  
Together



Respecting  
Others

Growing Health Together

# Evaluation of Growing Health Together

**Dr Sarah Hotham**

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University of Kent

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**Dr Sharon Manship**

Research Associate

Centre for Health Services Studies

University of Kent

[S.Manship@kent.ac.uk](mailto:S.Manship@kent.ac.uk)

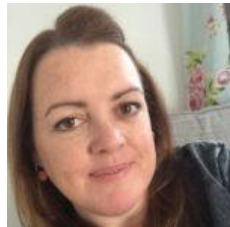


# Team

University  
of Kent



Dr Sarah Hotham:  
PI



Sharon Manship:  
Lead Researcher



Jenny Monkhouse:  
PPIE Lead

Public  
Advisory  
Group  
(PAG)

GHT



Dr Gillian Orow:  
GP, Co-Founder & Director

Steering  
Group

NIHR ARC  
KSS



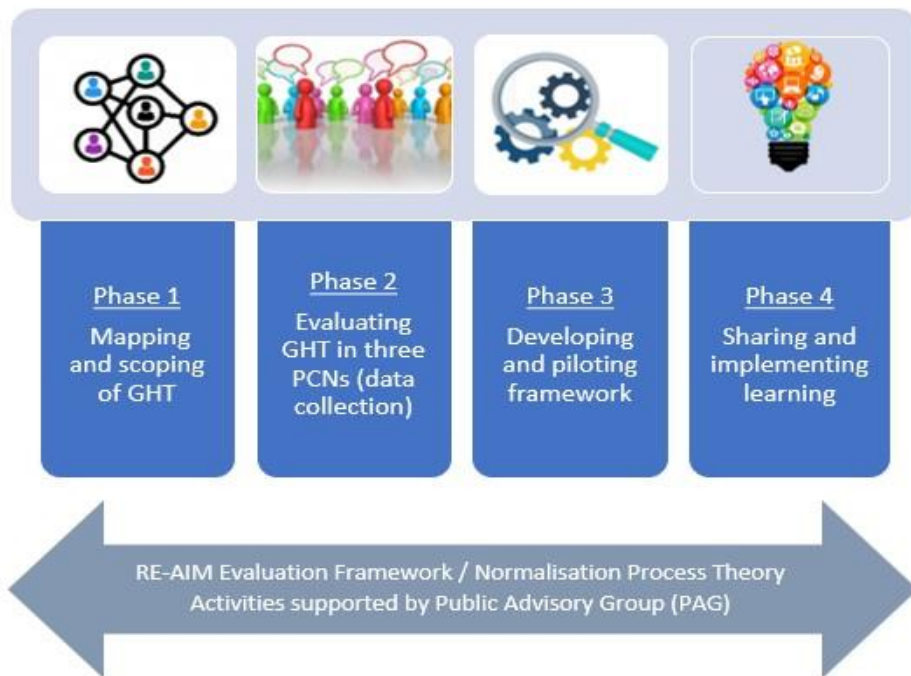
Dr Sam Fraser



Prof Harm Van Marwijk

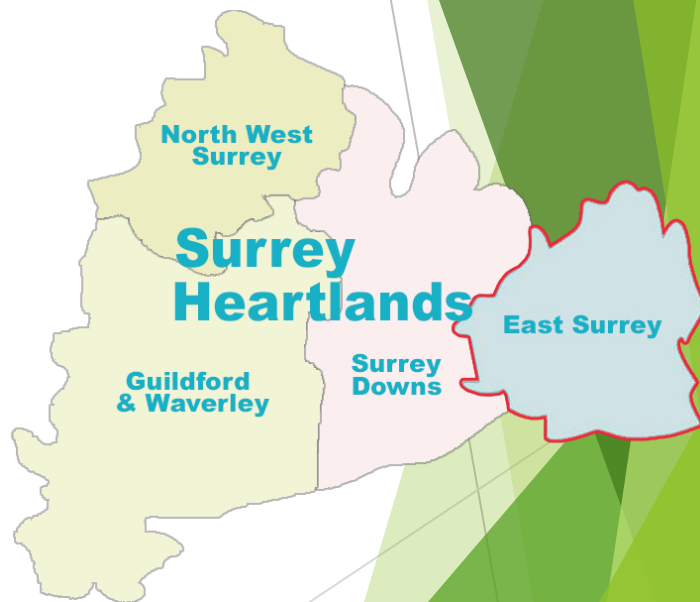
# Evaluation - Overview

- ▶ Place-based interventions can be effective at improving physical health, health behaviours and social determinants of health outcomes (McGowan et al., 2021).
- ▶ However... lack of understanding about the ‘active ingredients’ that contribute to successful schemes
- ▶ This study explores the implementation and impact of GHT to identify the facilitators and barriers to success



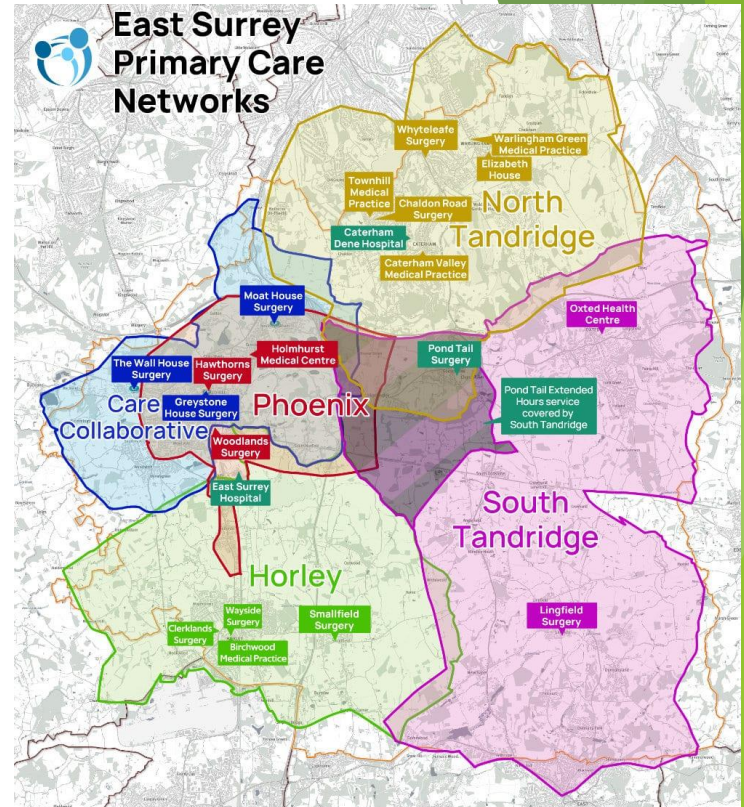
# Evaluation - Phase 1: Mapping

- ▶ Mapping undertaken April-June 2023
- ▶ Demographics (SWSCU, 2022; Surrey-i, 2017)
  - ▶ Approx. 18% aged 65+ (projected to increase to 27% in 2027)
  - ▶ The most deprived small areas (LSOAs) are in ward of Merstham, ranked within the most deprived 20% in England
  - ▶ Residents of East Surrey can expect lower life expectancy than their counterparts in the rest of Surrey
  - ▶ Identified as 'Key Neighbourhood' at risk of experiencing poor health outcomes.
  - ▶ Of 21 Priority Areas, East Surrey neighbourhoods feature 4 times, with Horley, Merstham and Netherne being priority number 1 (Healthy Surrey, 2022)



# Evaluation - Phase 1: Mapping

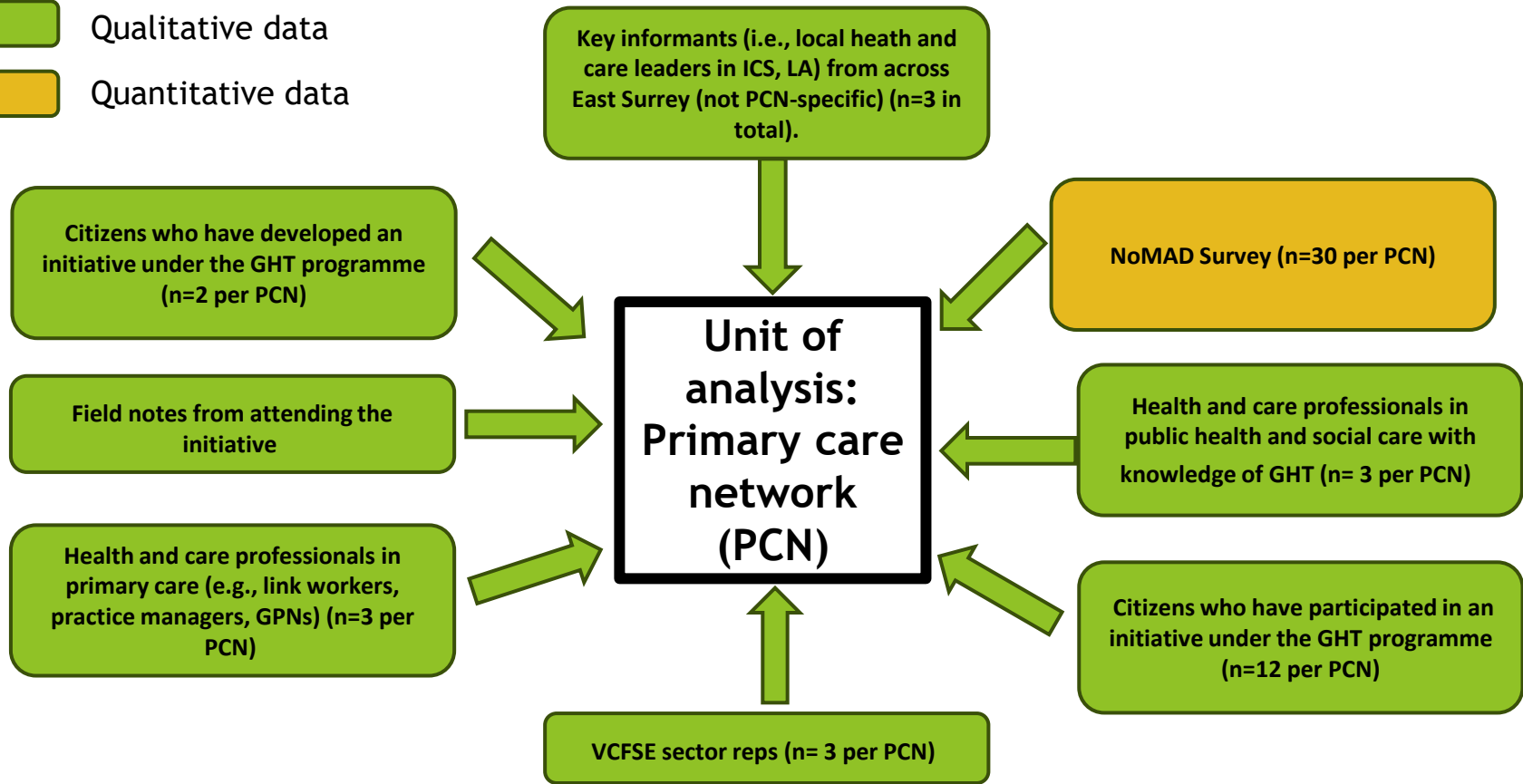
- ▶ Meetings with GP Leads in each East Surrey PCN (n=5) to map activities:
  - ▶ Care Collaborative
  - ▶ Horley
  - ▶ North Tandridge
  - ▶ Redhill
  - ▶ South Tandridge
- ▶ GHT activities fall under themes:
  - ▶ Ageing Well
  - ▶ Children and Young People
  - ▶ Long Term Conditions
  - ▶ Mental Health
  - ▶ Prevention & Communities



# Evaluation - Phase 2: Mixed-Method Case Study approach

- ▶ July 2023-March 2024
- ▶ Explanatory case study approach (Yin, 2009)
- ▶ 3 case study sites (PCNs) selected:
  - ▶ Horley
  - ▶ Redhill
  - ▶ South Tandridge
- ▶ RE-AIM Evaluation Framework (Glasgow et al, 1999) informed design of qualitative data collection tools
  - ▶ Interviews (incorporating photo elicitation)
  - ▶ Observations
  - ▶ Document analysis
- ▶ Quantitative data provided through use of Normalisation Process Theory NoMAD questionnaire (Finch et al, 2018)

- Qualitative data
- Quantitative data



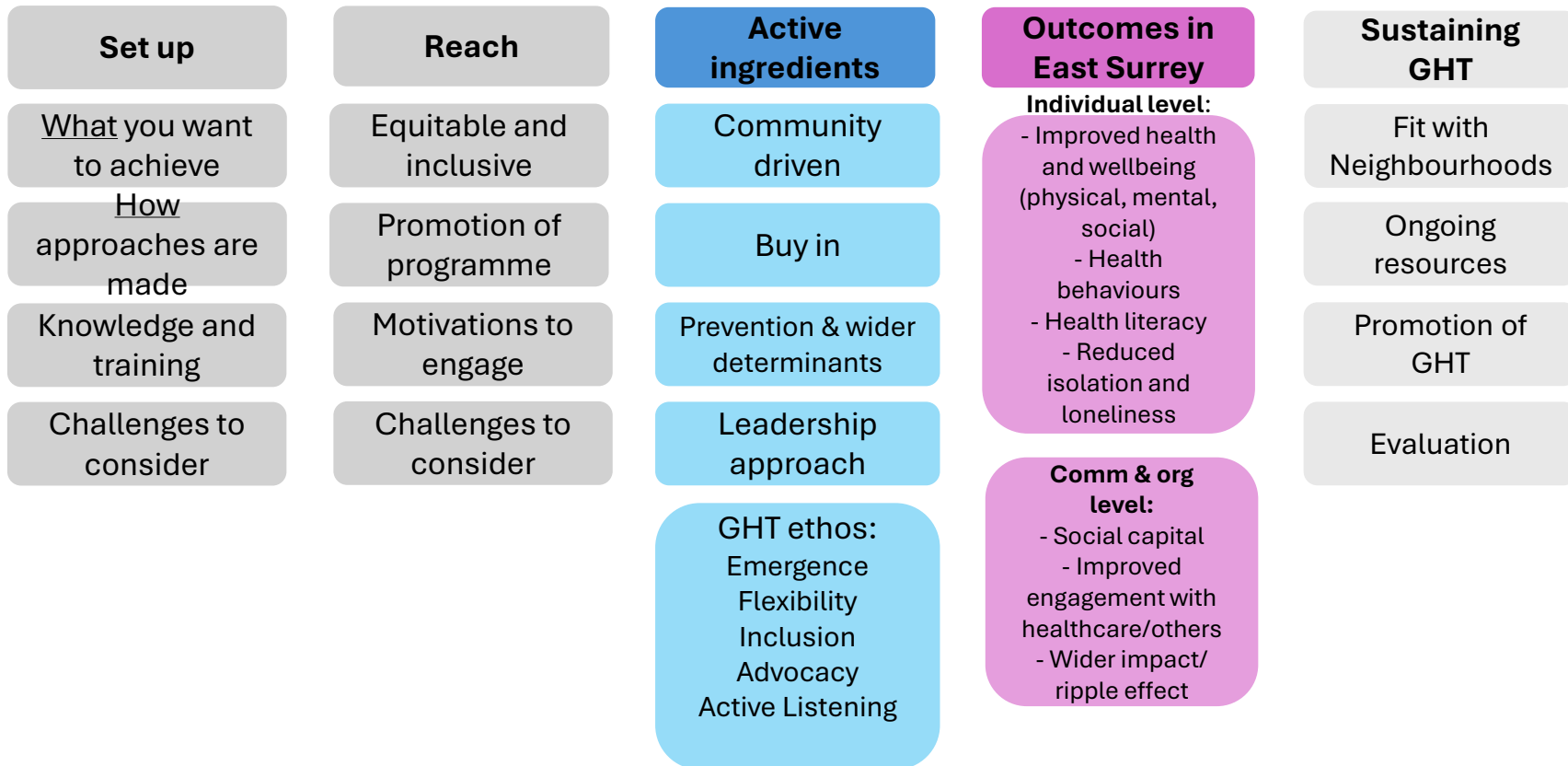
# Summary of Data Collection

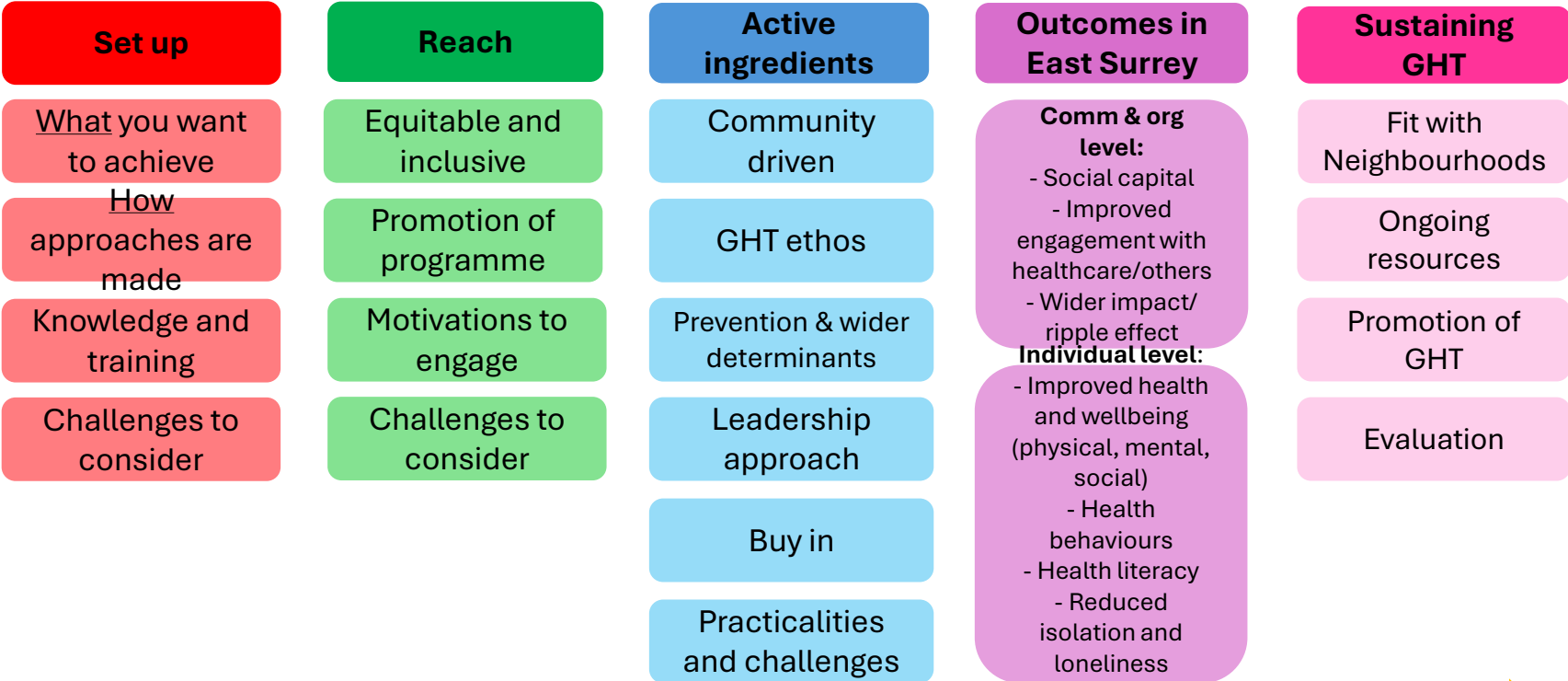
Data collection method*	N
<b>Interviews</b>	
- with primary care/public health/social care professionals	17
- with GHT community group leaders	16
- with GHT group attendees (community members)	16
<u>Total</u>	<u>49</u>
<b>GHT group observations/visits</b>	5
<u>Ad hoc feedback:</u>	
Community members providing feedback during observations	20
Community members providing brief email feedback	5
<b>Online survey responses</b>	25

# Evaluation - Phase 3: Pilot Framework

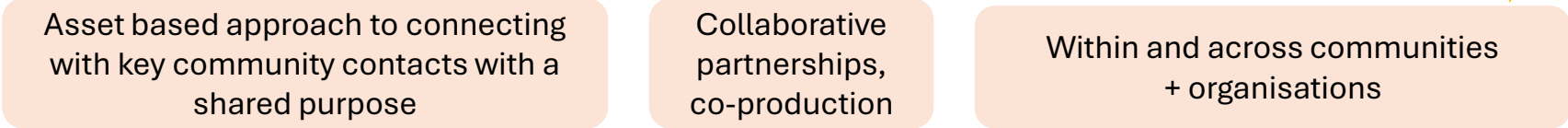
- ▶ April 2024-October 2024
- ▶ Developing and piloting an ‘active ingredients’ framework

# 'Active Ingredients Framework' of GHT - Draft





“The golden thread” = connections, relationships, people



# Evaluation - Phase 3: Pilot Framework (cont)

- ▶ Sharing and implementing learning
- ▶ Potential workshop for GPs to provide space to discuss how to implement a GHT- approach.

## More Information

- ▶ <https://research.kent.ac.uk/growing-health-together/>
- ▶ <https://growinghealthtogether.org/>
- ▶ [S.Hotham@kent.ac.uk](mailto:S.Hotham@kent.ac.uk)
- ▶ [S.Manship@kent.ac.uk](mailto:S.Manship@kent.ac.uk)

# East Surrey Neighbourhood Development



Dr Gillian Orrow

GP & Director, Growing Health Together

Neighbourhood Clinical Lead, NHS Surrey Heartlands (East Surrey)

Clinical Lead for Thriving & Empowered Communities, NHS Surrey Heartlands

# Neighbourhood Development

EAST SURREY

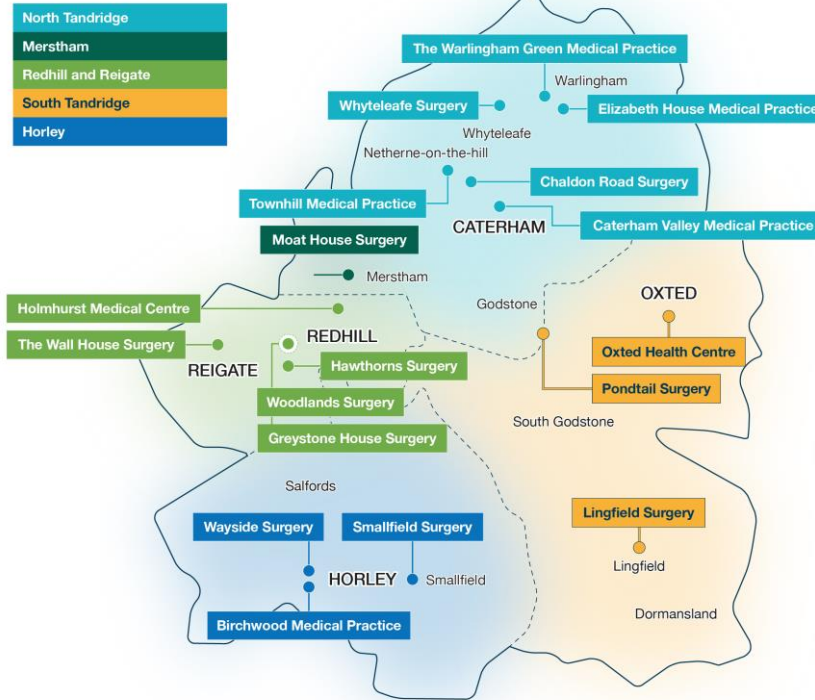


*“As the East Surrey Alliance Board we will commit to **thinking first at ‘Neighbourhood’ level** in our transformation work and in doing this ensure that we **hear and respond to the citizen voice to enable health creation and prevention at this level**”*

# East Surrey Neighbourhood Model

**Neighbourhood Health & Wellbeing Network**  
 Involves local citizens and wide range of partners

East Surrey Neighbourhood Map



Starting well\* (CYP)

Living Well\* (MH, LTC)

Ageing well\* (AW)

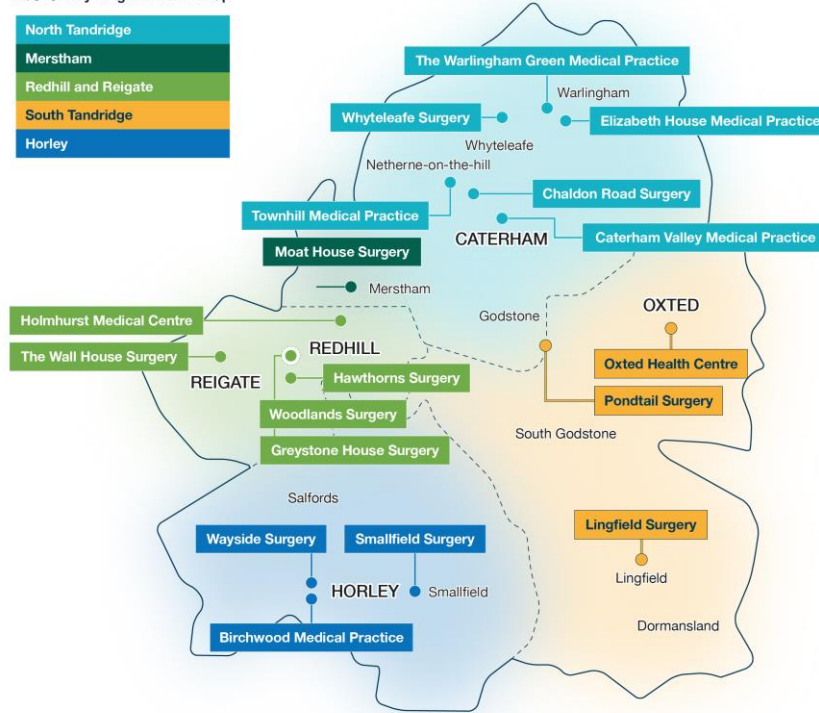


# East Surrey Neighbourhoods



East Surrey Neighbourhood Map

North Tandridge
Merstham
Redhill and Reigate
South Tandridge
Horley



# Neighbourhood Health & Wellbeing Networks

**HORLEY NEIGHBOURHOOD HEALTH & WELLBEING NETWORK**

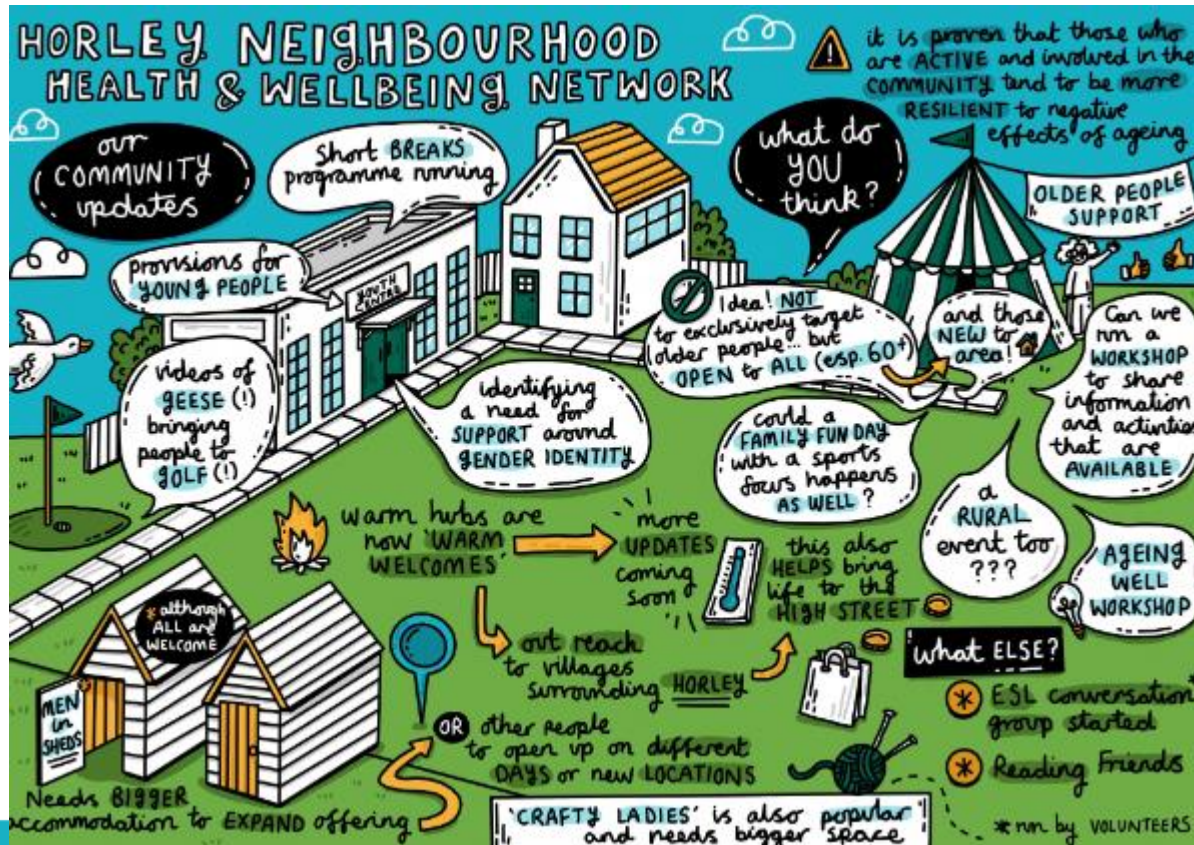
HELLO and welcome!

14 NOVEMBER 2023 | 9.30am - 11.00am

RECAP from the last year...

- More SUPPORT for CARERS, TRAINING GP staff on what FINANCIAL support is available
- Increase in LGBTQ+ Spaces
- we are making POSITIVE steps forward
- NEW community centre with clinical space being built at WEST VALE PARK
- DIGITAL PRESCRIPTIONS with training to use the APP as well as offering alternative routes
- Dementia Navigation Service to become more LOCALLY ALLIGNED
- Increase in opportunities for Artistic children and SEN students
- NEW funding to create a local CARE FARM
- Bookings for gp's made EASIER!
- Funding bid SUBMITTED to improve comms about local HEALTH and WELLBEING projects
- NEW children and young person's SOCIAL PRESCRIBER has started work
- NEW youth opportunities have been PLANNED

# Neighbourhood Health & Wellbeing Networks



## New for Autumn 2024

Integrating social prescribing service into neighbourhood model

Ensuring this supports community-led approaches & works synergistically with GHT



# Sweet spot?



Respect and credibility with community members

and

Respect and credibility within our health and care system

# Risks



- Centering system priorities over the priorities of local people
- Asking for opinions and then not listening to / acting on them
- Putting an unfair weight of responsibility onto impacted communities for solving problems they did not create
- Individual community leaders burning out
- Rushing / or acting too slowly

# My Learning Points

Centering the voices who have been missing from the table

Going where people are

Listening, not telling

Being authentic and bringing humility

Not providing answers, finding them together

Allowing communities to lead solutions

