# NEIGHBOURHOODS IN A NUTSHELL



# WHAT ARE NEIGHBOURHOOD TEAMS?

### Neighbourhood Teams support the people of Mid Essex to live their best lives. Neighbourhood Teams are a team of teams working together across a broad range of services including:

- Primary Care

  - Adult Social Care
- Voluntary sector organisations
- Mental Health Teams • Local Authorities
- Community Nursing

- By working together as a Neighbourhood Team we aim to:
- 1. Reduce siloed working & duplication
- 2. Increase community resilience
- 3. Reduce demand on the health & care system
- 4. Increase workforce satisfaction

# WHY DO WE NEED NEIGHBOURHOOD TEAMS?

An individuals *health* & wellbeing is dependent on a range of factors.

Areas such as physical health, mental health, housing & other social determinants are all important and are supported by a *broad* range of partners.

With so many organisations working to support an individual, there is an increasing need to be able to work & communicate together more effectively.

- We know how difficult this can be when we are so busy, have different organisation priorities & demands & work in separate locations.
- We also know that siloed working creates a fragmented system, duplication, referrals bouncing around the system and delays in achieving the right care.
- We are also seeing increase in complexity with an aging population & significant work force challenges.

## Neighbourhood Teams support us to work together in a more streamlined way.

# HOW DO WE ACHIEVE THIS?

Each Neighbourhood Team has an allocated **Neighbourhood Officer**, who will work with the partners to build capacity & support them to achieve their joint goals within their neighbourhood area.

To support this approach we co-produced with partners our **Ways of Working** framework, which are a range of tools & opportunities specifically designed to build & develop the Neighbourhood Teams. They include:

- **Neighbourhood Drop-ins** weekly sessions for each neighbourhood that support quick problem solving
- *Neighbourhood Forums* bi-monthly forums which focuses on relationship maintenance & info sharing
- **Neighbourhood Handbook** A digital resource that contains a comprehensive Contacts Directory across the 6 Neighbourhood Teams alongside a range of other useful resources

# JOIN YOUR LOCAL NEIGHBOURHOOD TEAM

Please complete our One Page Profile by Clicking here or scanning the QR code. Upon completing the profile, you will given access to the Ways of Working initiatives, including receiving invites to Neighbourhood Team events & gaining access to the Neighbourhood Handbook.

For more information please contact the team at: provide.midessex.integratedneighbourhoods@nhs.net

## "COMING TOGETHER IS THE BEGINNING, KEEPING TOGETHER IS PROGRESS, WORKING TOGETHER IS SUCCESS" Henry Ford

## How we CAME TOGETHER

Through Nov 2023 & Jan 2024 we delivered Formations Workshops over the 6 Neighbourhood areas (*3 per Neighbourhood*). These workshops brought together over

partners from

organisations working in the greater health & care system in Mid Essex.

These sessions allowed us to co-produce our *Ways of Working* framework, which addressed the question of how partners could *keep* & ultimately *work* together as Neighbourhood Teams.



# How we're KEEPING TOGETHER

**NEIGHBOURHOOD DROP-INS** 

Informal networking, real time problem solving & knowledge sharing.

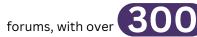
Launched in Feb 2024. These weekly, online session (1x each Neighbourhood area) have a focus on early help & prevention & are facilitated by the Neighbourhood Officer. These are our... VIRTUAL WATER-COOLERS!

Through the drop-ins partners have been supported to navigate health & care systems, promote services and opportunities for our communities.

#### **NEIGHBOURHOOD FORUMS** Relationship building, networking, community building & wellbeing.

Launched in March 2024 we have now





partners having attended the face-to-face sessions. Focused sessions on Primary Care, Children's Early Help, Mental Health, Adult Social Care & Carers.

## **NEIGHBOURHOODS HANDBOOK**

A digital resource shared monthly with partners across the health & care system.

Since launching in *Feb 2024* the handbook has grown to include the details & role descriptions of

organisations

partners from over working in the health & care system in Mid Essex.

The handbook also includes the following: GP surgeries, pharmacies & care homes by Neighbourhoods area, links to Drop-in/Forums/etc., Postcode Lookup, Interactive Map, & Links to other system support & directories

# How we're WORKING TOGETHER

#### **NEIGHBOURHOOD LEADERSHIP GROUPS (NLGs)**

Allow local leaders to stay connected. Creates a strong local voice in wider system. Empowers local systems to find solutions to challenges.

Launched in *April 2024* now established across all 6 Neighbourhood areas.

With representation from, Primary Care, Adult Social Care, local authorities, community mental health, community nursing and voluntary sector.

### **EXAMPLES OF AREAS OF INTEGRATED WORK:**

- Co-producing Mental Health pathway tool with local partners
- Supporting the roll out of the Shared Care Record & population health dashboards
- Supporting Community respiratory days in Maldon Neighbourhoods

#### EXAMPLES OF AREAS OF EMERGING INTEGRATED WORK

- Development of community outreach days in each Neighbourhood area
- Developing multi-agency outreach buses in rural areas of Braintree & Maldon Neighbourhoods
- Co-ordinating wrap-around support for homeless populations in Chelmsford Neighbourhoods

Scan the QR code to complete our Partner 1-page Profile to become part of **Neighbourhood Teams** in Mid Essex?

