

# Introduction to Mid Essex Neighbourhood Teams



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# The WHY of Neighbourhood Teams



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Fragmented system

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Significant workforce challenges

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Demand increasing

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Complexity increasing

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More of the same won't do...

# The WHY of Neighbourhood Teams



Individual's health and wellbeing is much more than just access to traditional health systems. In fact, we know that **access to good quality healthcare only accounts for 20% of an individual's health & wellbeing outcomes**

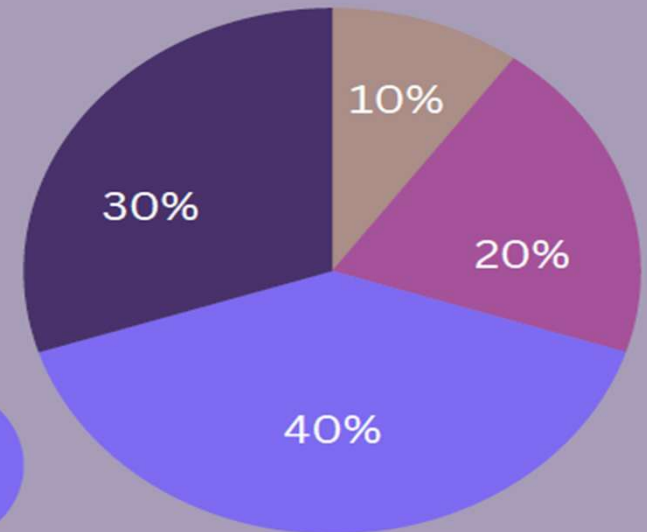
Figure 1: *Wider Determinants of Health Model*

**Our behaviours: 30%** - Smoking, diet, alcohol use, poor sexual health.

**Our environment: 10%** - Housing quality and our built environments.

**Healthcare: 20%** - Being able to access good quality care.

**Social & economic circumstances: 40%** - Education, employment, income, family/social support, community, safety.



*Adapted from Robert Wood Johnson Foundation & the University of Wisconsin Population Health Institute - [County Health Rankings Model](#) to population health*

Addressing these 'wider determinants of health' & reducing health inequalities, is at the heart of a neighbourhood's approach

# The WHY of Neighbourhood Teams



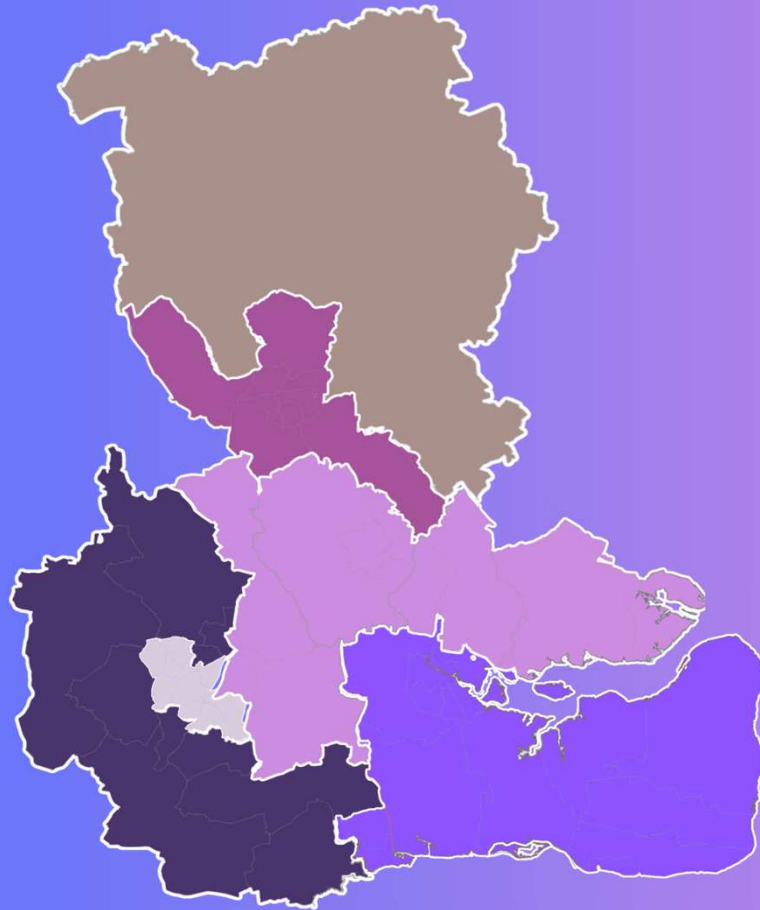
## What Neighbourhoods are...

- Person-centred
- All-age & whole family
- Developing a shared vision
- Building on what's already strong
- Building *sustainable* collaboration

## What Neighbourhoods aren't...

- A new service
- Just another Multi-disciplinary Team meeting
- Pursuing integration for the sake of integration...
- The solution to *all* our problems
- A quick fix (although some of it will be)

# The 6 Neighbourhood Areas - Overview



## Braintree North

- 1 District (Braintree)
- 1 PCN (Colne Valley)
- 6 Practices
- 562 Care home beds + 25 Supp Living
- 50,293 patients
- 19% children
- 24% older people (65+)
- Average Life exp: 81 (M), 84 (F)
- IMD ave Decile: 7.1
- Activity volume Decile 6.5
- Rate of demand Decile 6.5

## Braintree South

- 1 District (Braintree)
- 2 PCN (Aegros, Braintree)
- 6 Practices
- 767 Care home beds + 98 Supp Living
- 67,862 patients
- 22% children
- 18% older people (65+)
- IMD ave Decile: 6.6
- Average Life exp: 80 (M), 83 (F)
- IMD ave Decile: 5.9
- Activity volume Decile 6.0
- Rate of demand Decile 6.1

## Maldon North, Chelmsford East & Witham

- 3 Districts (Braintree, Chelmsford, Maldon)
- 3 PCNs (Aegros, Chelmer, Witham & Maldon)
- 12 Practices
- 507 Care home beds + 59 Supp Living
- 71,901 patients
- 121% children
- 20% older people (65+)
- Average Life exp: 81 (M), 84 (F)
- IMD ave Decile: 5.2
- Activity volume Decile 6.0
- Rate of demand Decile 5.8

## Chelmsford Outer

- 1 District (Chelmsford)
- 3 PCNs (Aegros, Chel West, CCH)
- 12 Practices
- 329 Care home beds + 55 Supp Living
- 60,742 patients
- 21% children
- 21% older people (65+)
- Average Life exp: 82 (M), 86 (F)
- IMD ave Decile: 5.5
- Activity volume Decile 5.3
- Rate of demand Decile 4.9

## Chelmsford Central

- 1 District (Chelmsford)
- 4 PCNs (Chelmer, Chel West, CCH, Aegros)
- 8 Practices
- 550 Care home beds + 60 Supp Living
- 80,068 patients
- 20% children
- 16% older people (65+)
- Average Life exp: 81 (M), 84 (F)
- IMD ave Decile: 4.2
- Activity volume Decile 4.4
- Rate of demand Decile 5.4

## Maldon Central, Dengie & S. Woodham

- 2 Districts (Chelmsford, Maldon)
- 2 PCNs (Phoenix, Dengie & SWF)
- 8 Practices
- 499 Care home beds + 27 Supp Living
- 69,157 patients
- 18% children
- 24% older people (65+)
- Average Life exp: 81 (M), 84 (F)
- IMD ave Decile: 6.0
- Activity volume Decile 5.2
- Rate of demand Decile 5.5

# The WHAT of Neighbourhood Teams



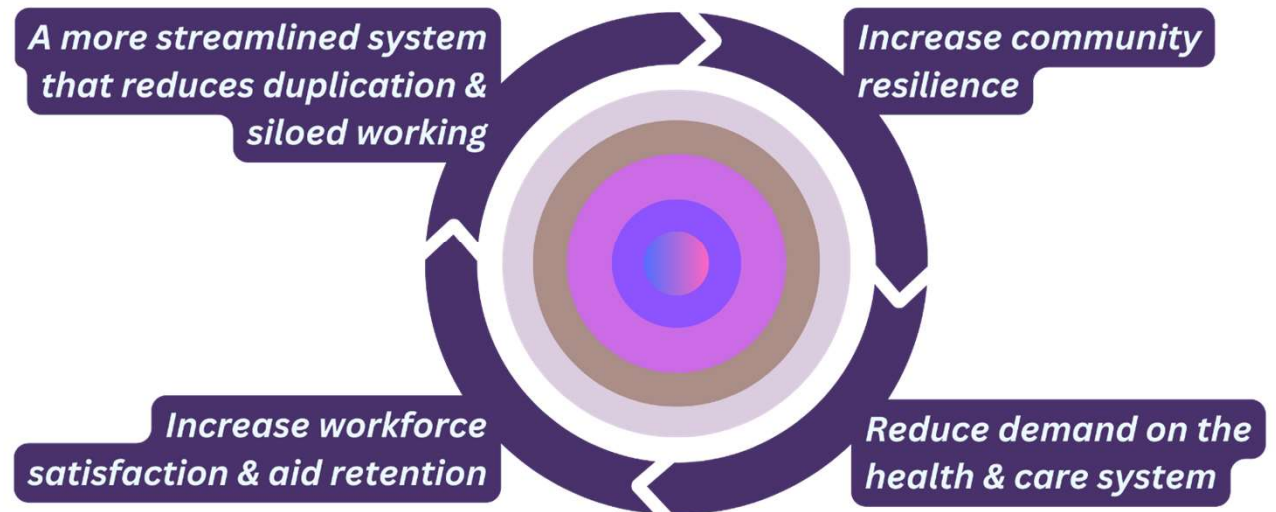
This graphic is a snapshot of the types of organisations we will support to collaborate at place



# The HOW of Neighbourhood Teams

Neighbourhood working brings together local representatives from across health and social care providers and voluntary organisations **around communities**, to improve the health and wellbeing of residents.

By being part of neighbourhood working you benefit from access to a broad range of expertise, support and improved inter-organisational relationships.



This process will repeat in a virtuous cycle that is continually reinforced!

# The HOW of Neighbourhood Teams



## How do Integrated Neighbourhood Teams achieve this?

We use the phrase '**Ways of Working**' to describe our tools and methods.

- Ways of Working Handbook
- Weekly Drops-ins
- Bi-Monthly Forum



# Neighbourhoods Ways of Working Handbook

## NEIGHBOURHOODS WAYS OF WORKING HANDBOOK

|  |   |
|--|---|
| <b>Overview</b>                        | A digital resource to support practitioners to <b>stay connected</b> with Neighbourhood Teams across Mid Essex  |
| <b>Frequency</b>                       | Updated & distributed monthly   |
| <b>Current content of the resource</b> | <ul style="list-style-type: none"><li>• <i>Contact list (broken down by Neighbourhood area)</i></li><li>• <i>Postcode look-up for Neighbourhood areas</i></li><li>• <i>Links to Neighbourhood Drop-ins</i></li><li>• <i>Links to Neighbourhood Forums</i></li><li>• <i>GP Surgery list by Neighbourhoods</i></li><li>• <i>Jargon Buster</i></li></ul> |
| <b>Future content</b>                  | <ul style="list-style-type: none"><li>• Service Directories e.g. Essex Frontline</li><li>• Community Venues directory</li></ul>   |

**What are partners saying about the handbook?**

*"Access to the handbook has really helped and enabled us to communicate effectively"*



# Ways of Working – Neighbourhood Drop-in

## LOW TIME, HIGH FREQUENCY, LOW STRUCTURE

|  |  |
|--|--|
| <b>Overview</b>  | Weekly huddle for the neighbourhood to meet, connect and collaborate.  |
| <b>Frequency</b>   | <b>Weekly</b>  |
| <b>Location</b>  | <b>Virtual</b>   |
| <b>Purpose of the meeting</b>  | <ul style="list-style-type: none"> <li>• Informal Networking</li> <li>• Real-Time Problem-Solving</li> <li>• Knowledge Sharing</li> <li>• Quick Updates</li> </ul>   |
| <b>Pros</b>  | <b>Cons</b>  |
| <ul style="list-style-type: none"> <li>• Time Efficiency</li> <li>• Less formal meaning more innovation</li> <li>• Flexibility and Accessibility</li> <li>• Adaptability to needs of participants</li> <li>• Supports team-building</li> </ul> | <ul style="list-style-type: none"> <li>• Inconsistent Attendance</li> <li>• Dependency on Individual Engagement</li> <li>• Difficulty in Tracking Progress</li> <li>• Resource Intensity</li> <li>• Potential for Disengagement</li> </ul> |

***What are partners saying about the drop-ins?***

*“The drop-in helped me answer so many of those niggling questions”*



# Ways of Working – Bi-monthly Forum

| MID TIME, MID FREQUENCY, MID STRUCTURE  |   |
|---|---|
| <b>Overview</b>   | Bi-monthly face to face networking meeting to foster connections and collaboration.   |
| <b>Frequency</b>  | Bi-monthly  |
| <b>Location</b>   | Face to face  |
| <b>Purpose of the meeting</b>   | <ul style="list-style-type: none"> <li>• Networking Opportunities</li> <li>• Relationship Maintenance</li> <li>• Knowledge Sharing and Collaboration</li> <li>• Community Building</li> </ul> |
| <b>Pros</b>   | <b>Cons</b>   |
| <ul style="list-style-type: none"> <li>• Focused Networking</li> <li>• In-Depth Discussions</li> <li>• Structured Agenda</li> <li>• Face-to-Face Communication</li> </ul> | <ul style="list-style-type: none"> <li>• Time Commitment</li> <li>• Logistical Challenges</li> <li>• Geographical Constraints</li> <li>• Dependence on Organisers</li> </ul>                  |

**What are partners saying about the forums?**

*“The networking has been invaluable for finding the right agencies to meet specific needs”*



# Reflection on the future?

NHS England published their 2025/26 Neighbourhood Health Guidelines this past year. The guidance has a clear focus in supporting adults and children with complex health and social care needs and the need to prioritise better outcomes for people with frailty and those towards the end of their lives. How will that work in Mid Essex?

This guidance has been complimented by the NHS 10 Year plan and really puts Neighbourhoods at the forefront of future delivery.

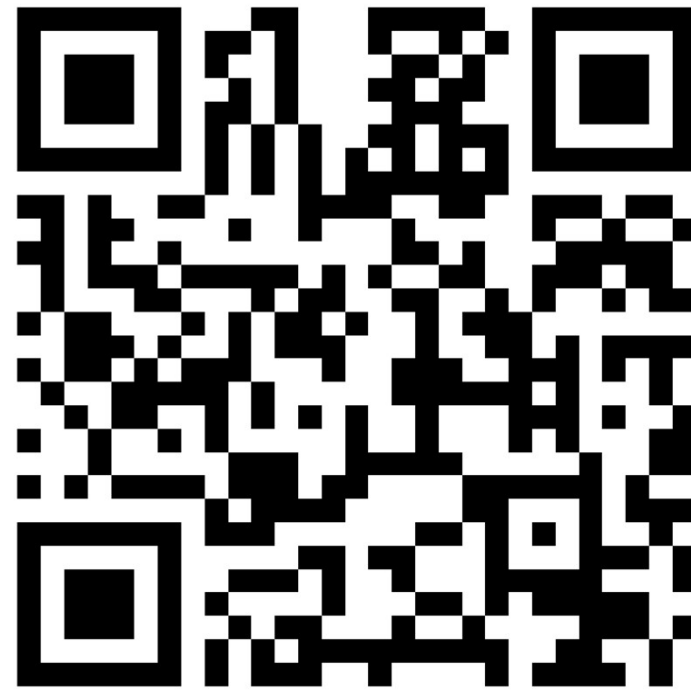
With the ICB reform and the LGR/Devolution, will the existing footprints be fit for purpose?



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Neighbourhood  
Team



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form to join!



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