

Sustainability and Transformation plans – an opportunity for change

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Background: The Five Year Forward View

- The [NHS Five Year Forward View](#), published in October 2014, considers the progress made in improving health and care services in recent years and the challenges that we face leading up to 2020/21. These challenges include:
 - the **quality of care** that people receive can be variable
 - **preventable illness** is common
 - growing demands on the NHS means that local health and care organisations are facing **financial pressure**
 - the **needs and expectations of the public are changing**. New treatments options are emerging, and we rightly expect **better care closer to home**.
- There is broad agreement that in order to create a better future for the NHS, all those with a stake in health and care must **make changes to how we live, how we access care, and how care is delivered**.
- This doesn't mean doing less for patients or reducing the quality of care provided. It means **more preventative care**; finding **new ways to meet people's needs**; and identifying ways to **do things more efficiently**.
- For the NHS to meet the needs of future patients in a sustainable way, we need to **close the gaps in health, finance and quality of care** between where we are now and where we need to be in 2020/21.

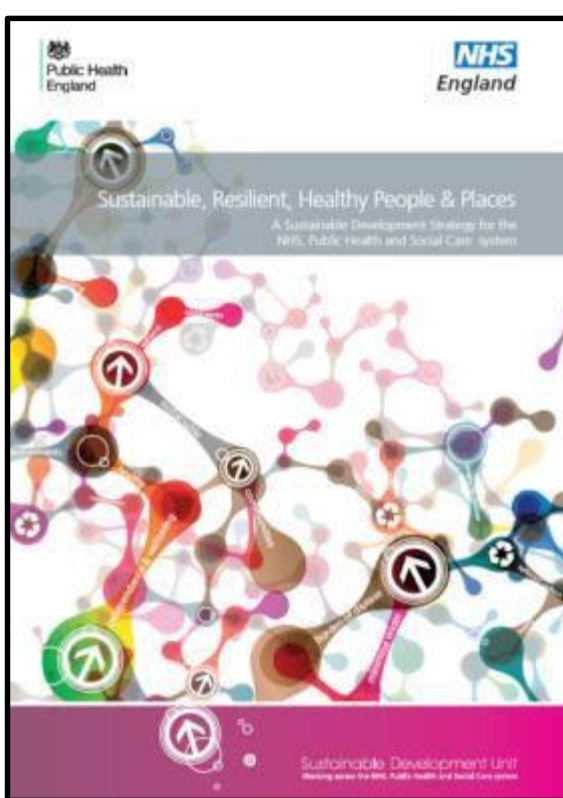


Delivering the Forward View: STPs

- The [NHS Shared Planning Guidance](#), published in December 2015, asked every health and care system to come together to create their own ambitious local blueprint for accelerating implementation of the Five Year Forward View (5YFV).
- **Sustainability and Transformation Plans (STPs)** will be place-based, multi-year plans built around the needs of local populations. They will help ensure that the investment secured in the Spending Review does not just prop up individual institutions for another year, but is used to drive a genuine and sustainable transformation in patient experience and health outcomes over the longer-term.
- STPs are not an end in themselves, but a means to build and strengthen local relationships, enabling a shared understanding of where we are now, our ambition for 2020 and the concrete steps needed to get us there.
- **STPs will delivered by local health and care systems or ‘footprints’: organisations working together to deliver transformation and sustainability.** The footprints used will not cover all planning eventualities. As with the current arrangements for planning and delivery, there are layers of plans which sit above and below STPs, with shared links and dependencies. For example, neighbouring STP areas will need to work together when planning specialised or ambulance services or working with multiple local government authorities and, for areas within a proposed devolution footprint that cross STP boundaries, further discussion will be required in working through the implications. Other issues will be best planned at Clinical Commissioning Group (CCG) level.

South region – map





Commissioning
and Procurement



Leadership



Clinical and care
models



Carbon hotspots
www.england.nhs.uk



Resilient
Communities



Creating social
value



Research,
innovation and tech



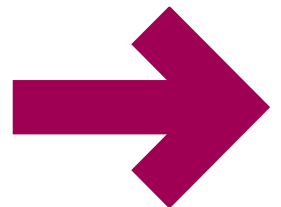
Integrated approach
to metrics

Health and care services that meet
the needs of the present...
*...without compromising the ability of
others, in future or elsewhere now, to
meet their own needs*

- Adapted from the Brundtland Commission

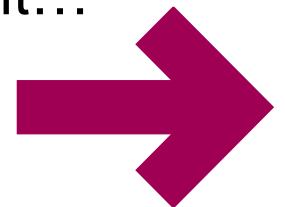
The STPs will not be truly sustainable unless built on a clear understanding of all the risks and opportunities

- a) Clinical
- b) Environmental
- c) Social
- d) Financial



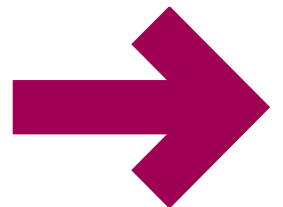
Other drivers for change

- Public Services (Social Value Act) 2012 [next slide]
- NHS Constitution:
 - **6. The NHS is committed to providing best value for taxpayers' money:** It is committed to providing the most effective, fair and sustainable use of finite resources.
- NHS Standard Contract
- NHS England strapline:
 - *“High quality health and care for all, now and for future generations”*
- PHE Narrative on sustainability/climate change
- Sustainable Development Management Plan (SDMP) in place (or being published) by:
 - PHE, NHS England, NICE, CQC, NHS Improvement...



Public Services (Social Value) Act 2012

“...requires public bodies to consider how the services they commission and procure might improve the economic, social and environmental wellbeing of the area”.



A convenient truth:

**“What is good for creating a sustainable future
.....is ALSO good for health (and healthcare) NOW”**

1. For the public's health

- *More physical activity, better diet, improved mental health, less road trauma, improved air quality, less obesity/ heart disease/cancer, more social inclusion/cohesion...*

2. For the healthcare system

- *More prevention, care closer to home, more empowered / self care, better use of drugs, better use of information and IT, fewer unnecessary admissions, **better models of care...***

Gardens and health

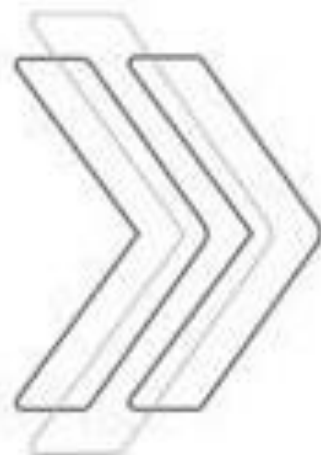
**Implications for
policy and practice**

Author

David Buck

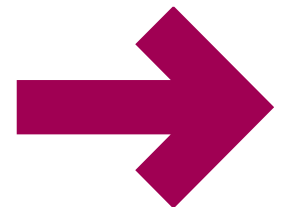
May 2016

This report was commissioned by the National Gardens Scheme



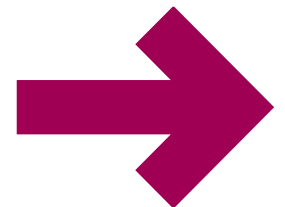
Gardening as an intervention

- social prescribing
- community gardens, volunteering and recovery from illness
- falls prevention
- dementia care
- end-of-life care



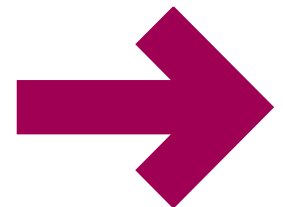
Financial impact

- Increasing access to parks and open spaces could reduce NHS costs of treating obesity by more than £2 billion.
- London's tree-cover (incl gardens) provides a range of health benefits including carbon storage, flood alleviation and amenity value, valued at more than £130 billion.
- The national evaluation of the British Trust for Conservation Volunteers (BTCV) Green Gym project between 2005 and 2009 estimated that for every £1 invested, £2.55 saved in treating illness related to physical inactivity.
- Access to green space can reduce mental health admissions, resulting in additional savings for the NHS.



Mental health

- Significant reductions in symptoms of depression and anxiety
- Enhanced emotional wellbeing
- Improved social functioning
- Improved physical health
- Opportunities for vocational development

















- Home • Hillcrest Growers • New Leaf Café • Wood Works • Print • Clothing Works •
- Now available** • Meeting / Conference Facilities •



About Us

New Leaf is part of Devon Partnership NHS Trust's Vocational Rehabilitation Service.

Our service has been developed from delivering many years of therapy, training and supported employment to adults living with a mental health condition who are working towards paid employment now or in the future.

Set in a rural environment overlooking Exminster and the Exe Estuary. New Leaf offer an opportunity for people to test themselves outside a medical environment, and develop themselves as a "person not a patient" within its different businesses.

But it's not so much the activity itself - it's also about recognising the value of occupation in aiding recovery.

By attending you will be:

- Doing a meaningful and productive activity
- Re-building self-confidence and self-esteem
- Developing communication from being with other people
- Improving work stamina
- Getting back into a routine
- Realising a sense of purpose and building structure into a day
- Improving physical and mental well-being
- Gaining transferable skills Making steps toward paid employment

Contact details

New Leaf
 Farm House Rise
 Exminster
 Exeter
 EX6 8AB
 Telephone: 01392 823 720
 Fax: 01392 829 068
[Click here for our brochure](#)

Further New Leaf Information:

New Leaf is part of Devon Partnership NHS Trust's Vocational Rehabilitation Service. This service has been developed over many years of providing therapy, training and supported employment to people living with a mental health condition.

Set in a rural setting overlooking Exminster and the Exe Estuary the service offers a variety of opportunities to gain a wide range of transferable skills within its different departments, which include:

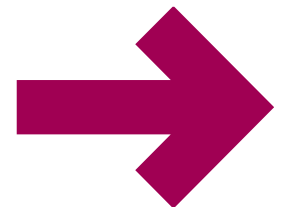
- Hillcrest Growers
- New Leaf Café
- New Leaf Print
- Wood Works
- Clothing Works

Access to New Leaf is gained by application form and assessment. You can [obtain an application form](#)

New Leaf

Inspirational leader – Don Crispin

- Part of Devon Partnership NHS Trust's Vocational Rehabilitation Programme
- Developed from delivery of many years of therapy, training and supported employment to adults living with a mental health condition.
- Hillcrest Growers – commercial wholesale/retail plant nursery
- Woodworks/Clothing works/New Leaf Print/Cafe







There is something special about New Leaf.
All the staff are just so supportive and
nurturing in terms of your own
recovery. But for me essentially it was
during my time there, that I re-discovered
my self-worth and conviction, something
that no medication, nor artificial mind,
can ever replace.

JH





Royal College
of Physicians

RCPCH

Royal College of
Paediatrics and Child Health
Leading the way in children's health

Every breath we take The lifelong impact of air pollution

Report of a working party
February 2016



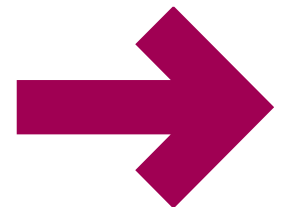
The most vulnerable suffer the most harm

- young/old/long-term conditions/living in deprived areas

Costs of air pollution

- 40,000 deaths per year
- £20 billion

Air pollution plays a key role in climate change

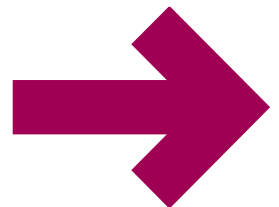


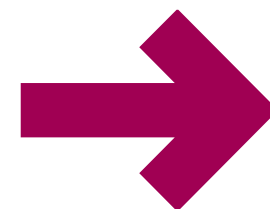
What can I do?

Try alternatives to car travel or preferably take the active option:

- Bus, train, walking and cycling

Aim for energy efficiency in our homes







Oxford
Academic Health
Science Network

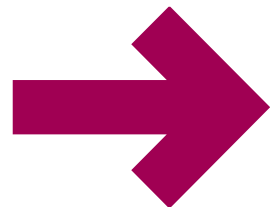
Oxford AHSN Sustainability Programme

October 2016



Background

- Wealth creation initiated a benchmarking survey on carbon energy savings across the Oxford AHSN region in Autumn 2014
- Sustainability Working Group initiated February 2015 on back of report findings
 - Comprised of estate managers and sustainability leads across Trusts and Universities
- Focus on implementation, identifying savings, best practice and sharing of new opportunities between partners
- Supported by experienced lead Bronwen Vearnecombe and Steven Heape (Zexu)
- Further details <http://www.healthandwealthoxford.org/building-partnerships/sustainability-programme/>

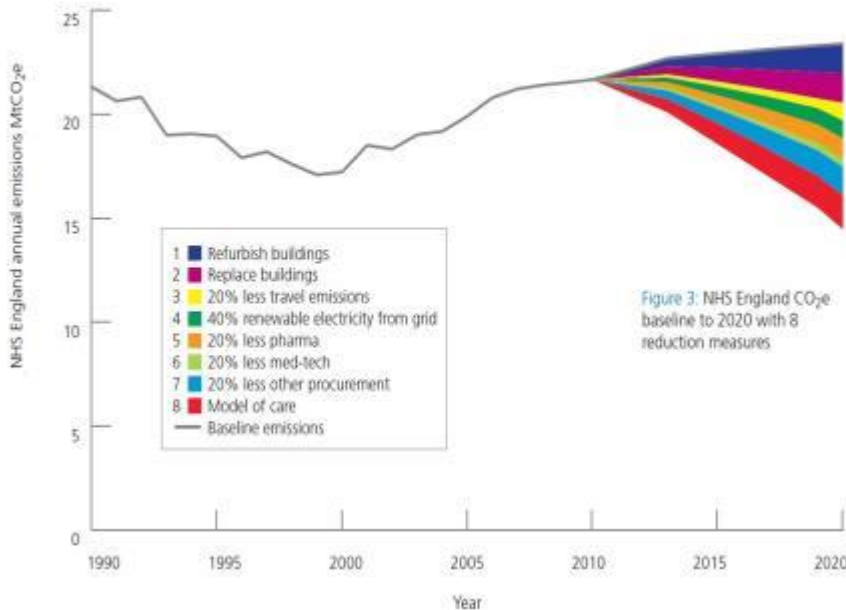


Programmes



Benchmarking programme

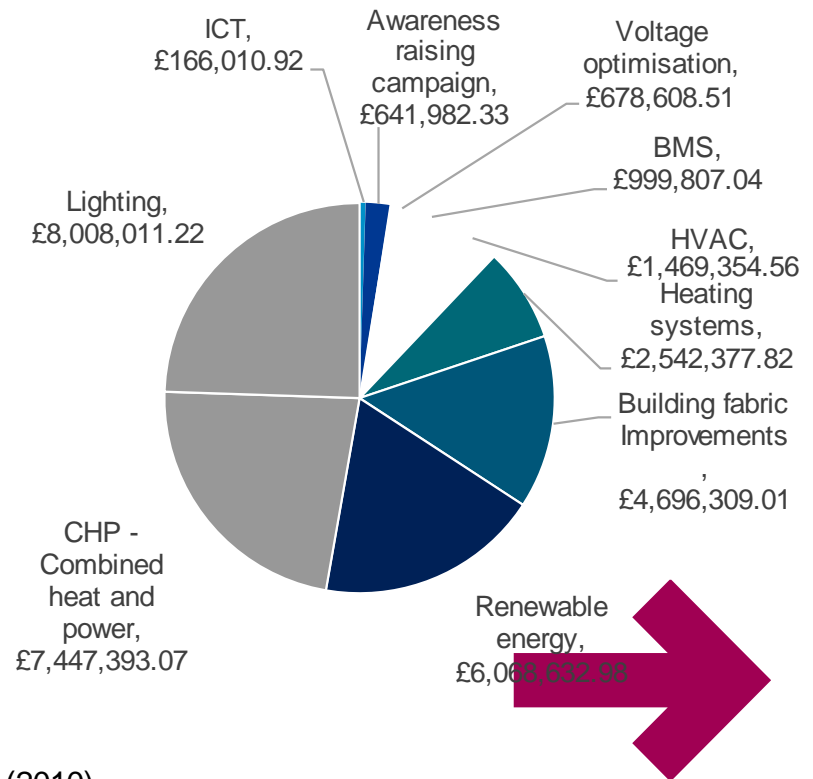
CO₂e Reduction Potential for NHS England



Target of 34% reduction on the 2007 baseline by 2020¹

Regional survey and benchmarking analysis

Total capital cost by project type



¹ NHS Sustainable Development Unit. *Saving Carbon, Improving Health* (2010)
www.england.nhs.uk

Partner organisations

- Work is now underway on four large energy projects across the region, which have been identified as offering the greatest potential, with combined annual savings of over £5m.
 - Buckinghamshire Healthcare with connection to Bucks New University, High Wycombe
 - Oxford Health and Oxford Brookes University heat network connection to Oxford University Hospitals
 - Heatherwood & Wexham Park and Frimley Park Hospitals
 - Great Western Hospital, Swindon
- Partnered with Carbon Energy Fund (CEF)
 - Offered to work for free with NHS providers and universities
 - Build the business cases and contracts required to support the necessary investment and deliver the identified savings



Carbon Energy Savings

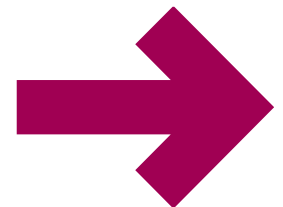
Benchmarking analysis (Office of Health Economics/RAND Europe¹)

NHS Organisation	Estimated capital cost	Estimated energy saving (annual)	Estimated CO2 reductions (tonnes)	Payback years
Buckinghamshire Healthcare	£9,199,300 (39.0%)	£2,494,300 (41.4%)	13,081	3.7
Great Western Hospitals	£4,793,000 (20.3%)	£1,020,600 (16.9%)	4,950	4.7
NHS Frimley	£6,692,900 (28.4%)	£1,801,800 (29.9%)	6,999	3.7
Oxford Health	£1,611,600 (6.8%)	£399,100 (6.6%)	2,177	4.0
Southern Health	£1,285,000 (5.4%)	£309,100 (5.1%)	1,793	4.2
Total	£23,581,800	£6,024,900	29,000	3.9

(100%)
IRR of 21.9% over 10 year period

Culture Change/TLC Project

- In June 2015 partnered with Global Action Plan and 4 NHS Trusts across the region to identify potential savings through improving energy efficiency behaviours
- Scoping review carried out with each Trust and involved day and night audits
- Sites found to have a collective savings opportunity of £284,500 per annum, or 2% of their total energy bill
- Payback period for an operation TLC support programme ranging from 0.5 – 0.8 years
- Frimley Health are one of the first to implement at their Wexham site



Sustainable Transport

- 5% of road traffic in England attributable to NHS related travel which is responsible for 13% of the NHS carbon footprint
- Best practice shared from other award winning Trusts
 - Ways to reduce business travel
 - Staff travel to work
 - Collaboration with local government and organisations to make commuting easier
 - Incentives through Green Champions and best practice
- Opportunities for use of electric vehicles



Solar Opportunities

- Focus on opportunities of solar panels
 - Comparison of common EV models
 - Overview of charging technologies and options
 - Latest changes to government 'feed-in-tariffs' and how the Cabinet Office Solar programme impacted



Sustainable Food

- Engaged with the Soil Association and their work in improving good food provision in hospitals and universities
 - Introducing a Commissioning incentive for hospitals (CQUIN)
- Food for Life (FFL) – a multiple outcomes intervention that uses food to engage young people and their families, and nudge them towards behaviours that matter for public health, sustainability and education



Thank you for listening

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