



Integrated health care in Shipston: Developing the Ellen Badger site

Since our last update South Warwickshire NHS Foundation Trust has been working closely with Shipston Medical Centre to identify the best option for progressing the Ellen Badger redevelopment. Both parties are fully committed and we are delighted that Business Cases detailing the costs and project plan has been approved by the Trust's Board and the Primary Care Committee. This is fantastic news that enables us to progress with our exciting plans to achieve an integrated healthcare hub for Shipston and the surrounding villages.

The impact of COVID-19



Coronavirus has had a huge impact on all aspects of healthcare and it has become a major consideration for all future developments, including Ellen Badger Hospital and Shipston Medical Centre.

There are no changes to the overall vision for the site, however, the development will now proceed in two phases, commencing with the new GP surgery and a modern, integrated Health and Wellbeing Centre.

This approach will provide maximum flexibility for the future of the site, as well as limiting the impact on services which is going to be vital with the added pressures from COVID-19. It will enable ongoing provision of the in-patient facility although these beds will be temporarily relocated off site due to noise and safety considerations.

Developing in phases:

We are working with architects to design a site that is sympathetic to building in stages. The design criteria will ensure that the first phase works independently but can also accommodate future phases.

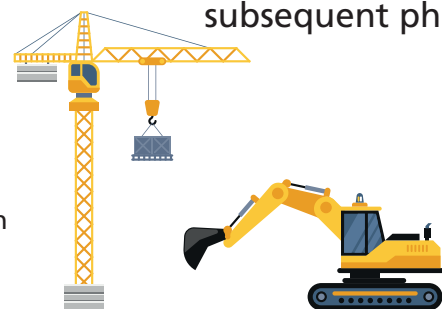
PHASE 1:

- Construction of the GP surgery
- Construction of the Health and Wellbeing Centre, which will include clinic facilities
- Integrating shared spaces for community nursing teams and Shipston Home Nursing
- Construction of new car park and landscaping

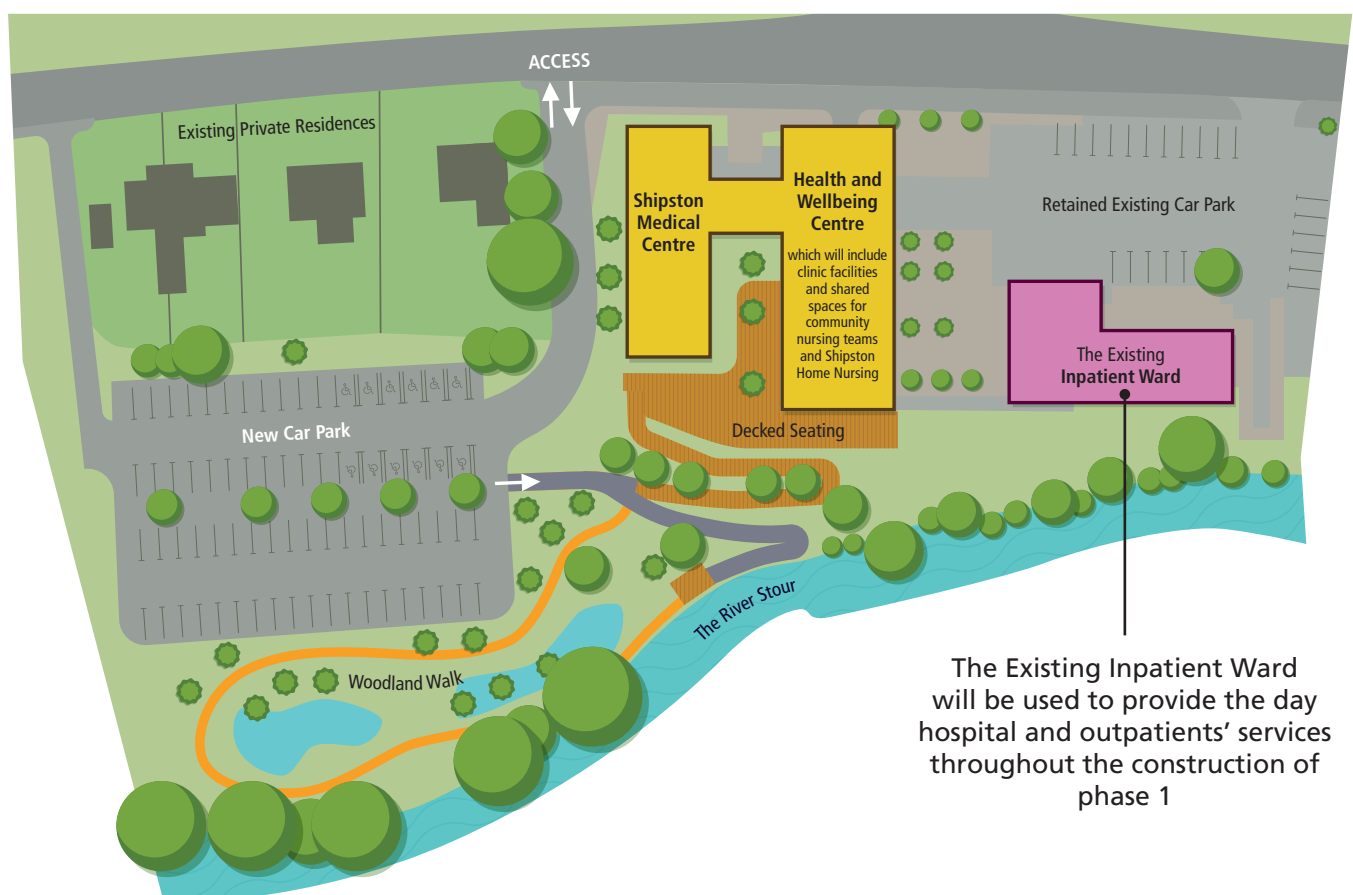
Throughout phase 1 the day hospital and outpatients' services will remain operational onsite and the beds will be temporarily relocated, work is ongoing to understand where this will be (please note that 85% of patients using the beds are not from the local area, so it will be minimal disruption for the community). A full plan to enable services to be continued is currently being developed.

PHASE 2:

- The phased approach supports plans to develop the inpatient ward, day hospital, outpatients in a subsequent phase



Site plan for the phase 1 development



The Existing Inpatient Ward will be used to provide the day hospital and outpatients' services throughout the construction of phase 1



Conserving the history Ellen Badger

We recognise the rich history of Ellen Badger Hospital and have spent considerable time exploring options for how we could utilise the current building, unfortunately though this is not viable and we are unable to develop the existing building which we appreciate holds a special place in the community. Restoring the current site is not possible due to the age, condition and infrastructure of the building meaning that it would not meet future compliance regulations and therefore does not offer a sustainable, long term solution. Currently a large proportion of it remains empty as we are unable to use the space.

We do want to retain as much of the history of the building as possible and have done a detailed evaluation of all the historical artefacts within the current building and will be working closely with designers to come up with a way to sensitively incorporate these items into the new hospital. This includes the Badger monuments, which thanks to the generosity of the League of Friends, are going to be restored.

What is a Health and Wellbeing Centre?

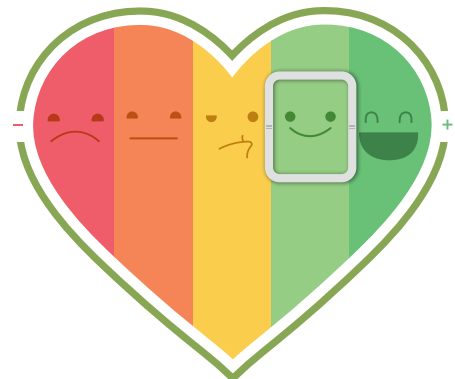
Good or bad health and wellbeing is not just dependent on medical factors such as the health services available to people. We know that poor physical and mental health and wellbeing is primarily driven by social factors such as poor housing, unemployment, loneliness and social isolation.

The Health and Wellbeing Centre will support the health and wellbeing needs of the community in Shipston and the surrounding villages, by delivering conventional healthcare alongside activities to address social factors. It will offer opportunities to learn, connect, get active and give something back.

We plan to work with a wide range of organisations, partners and most importantly the community to design and deliver highly effective programmes that transform peoples' lives.

The centre will be community led, so it is really important that local people can input into what facilities and services they think the community will benefit from.

We will be working with Healthwatch Warwickshire to gather public feedback on what services this facility could benefit from. Over the coming months Healthwatch will be asking residents of Shipston and the surrounding villages to take part in surveys and telephone interviews, local input is really important so please take part and share your views. We will also be working closely with the Stour Health and Wellbeing Partnership to develop and shape the Health and Wellbeing Centre.



What will the Health and Wellbeing Centre offer?

There will be facilities to benefit all members of the community, including a café, outdoor spaces and access to shared spaces for community groups.

There will also be opportunities for people to use the centre throughout different stages of their life, with specific activities and support catered to their needs.



Infancy and early years (0-5 years)

Evidence suggests that making sure children have the best start in life during their first 1,000 days makes a difference over their whole lifetime. The Health and Wellbeing Centre will work closely with children's services and provide vaccination and health visitor clinics, opportunities to develop speech, language and communication skills through community peer support groups for parents and their children, provide important information on healthy eating and promote exercise using the outside space.



Childhood and adolescence (5-19 years)

This is a time when young people begin to develop habits that will continue into adulthood. Healthy behaviours initiated in childhood, such as physical activity and healthy eating should be maintained during adolescence. The Health and Wellbeing Centre will provide support to young people to develop their mental and emotional wellbeing through services or resources at the centre. By working closely with local schools, we will be able to encourage positive behaviours such as healthy eating and physical activity, as well as access to important vaccines.



Working age (16-64 years)

Adulthood is an important time to reduce risks and intervene early to ensure good physical and mental health and wellbeing is prioritised. At this stage, it is crucial to build resilience for later in life. Factors such as reducing stress at work and addressing the causes of social isolation are important to building this resilience. To support this the Health and Wellbeing Centre could offer employment skills workshops, increase access to talking therapies and support groups to improve wellbeing and mental health.

It could also provide access to health services such as physiotherapy to address any muscle, joint or bone problems, as well as non-health related resources including a citizen's advice bureau and welfare support officers. The centre will be able to run screening programmes and health checks to identify if people are at a higher risk of a health problem, this will support them to get early treatment or make important lifestyle changes.



Ageing well (65 and over)

People are now living for longer. This is something to be celebrated as a public health success. However, we must promote ageing well. At this point in life, we are most likely to experience chronic diseases and disabilities of both the body and brain. The Health and Wellbeing Centre will provide opportunities to ensure that adults over 65 can avoid loneliness and social isolation through access to community peer support groups and shared community spaces. Improve strength and balance through access to falls prevention classes, as well as access to surrounding outdoor space that encourages physical activity. The centre could also offer workshops to improve computer literacy skills which will enable access to virtual health appointments, complementing existing local services.

Using local data to provide the right services

As well as input from local people and partner organisations, we will also use detailed information that has been gathered from the Joint Strategic Needs Assessment (JSNA) which was led by the Warwickshire Health and Wellbeing Board. A JSNA is a process that looks at the current and future health, care and wellbeing needs of residents from Shipston-on-Stour and the surrounding villages to inform and guide the planning and commissioning of health, wellbeing and social care services.

Data from the latest JSNA has highlighted some key health conditions that could benefit from the facilities provided by the Health and Wellbeing Centre;

- **Cardiovascular disease:**

GP data shows that there are higher numbers of people with high blood pressure, heart failure, stroke and coronary heart disease locally compared to the rest of South Warwickshire and nationally. There are a number of activities that will be delivered through the Health and Wellbeing Centre to support those living with cardiovascular disease, and also act as early intervention to prevent those at risk of it. These will include: education on healthy lifestyle habits, healthy eating classes, physical exercise groups, regular health checks and support groups.

- **Mental wellbeing:**

Patients recorded with depression locally is significantly higher than the average in South Warwickshire and nationally. Due to the impact of COVID-19, it is anticipated that mental health related issues will increase nationally and local data is likely to reflect this as well. There is an opportunity for the Health and Wellbeing Centre to support those living with mental health conditions and those at risk of developing them. Through the hub we will be able to promote awareness around mental health conditions, educate the community on key topics including Mental Health First Aid, provide a space for community based support groups, offer targeted support for at risk groups including new mothers or socially isolated adults, share information and advice from support services and be a crucial link between health professionals. We are working closely with Coventry and Warwickshire Partnership NHS Trust to develop this.

- **Childhood obesity:**

The National Child Measurement Programme showed that in the five year period from 2014/15-2018/19, children in Reception were more likely to be overweight or very overweight if they lived locally compared to children across Warwickshire overall. The Health and Wellbeing Centre will provide a central facility for families, schools and health professionals to access and offer education on healthy lifestyles and support early intervention.

Next steps:

- We are working with architects to develop new designs to showcase what Phase 1 will look like
- Working with specialists to establish which enabling works will be delivered initially

We will get as much information to you as we progress the development and really want to get your feedback at every stage. Due to Covid-19 we aren't able to meet as large groups face to face however if you have any further comments or questions, we would encourage you to send them to

EBHdevelopment@swft.nhs.uk



For more information on the development plans and what the Health and Wellbeing Centre will offer, visit the Trust's website where there is a selection of video updates:

www.swft.nhs.uk/our-hospitals/ellen-badger-hospital