

Healthy
New Towns
Darlington



Programme Objectives

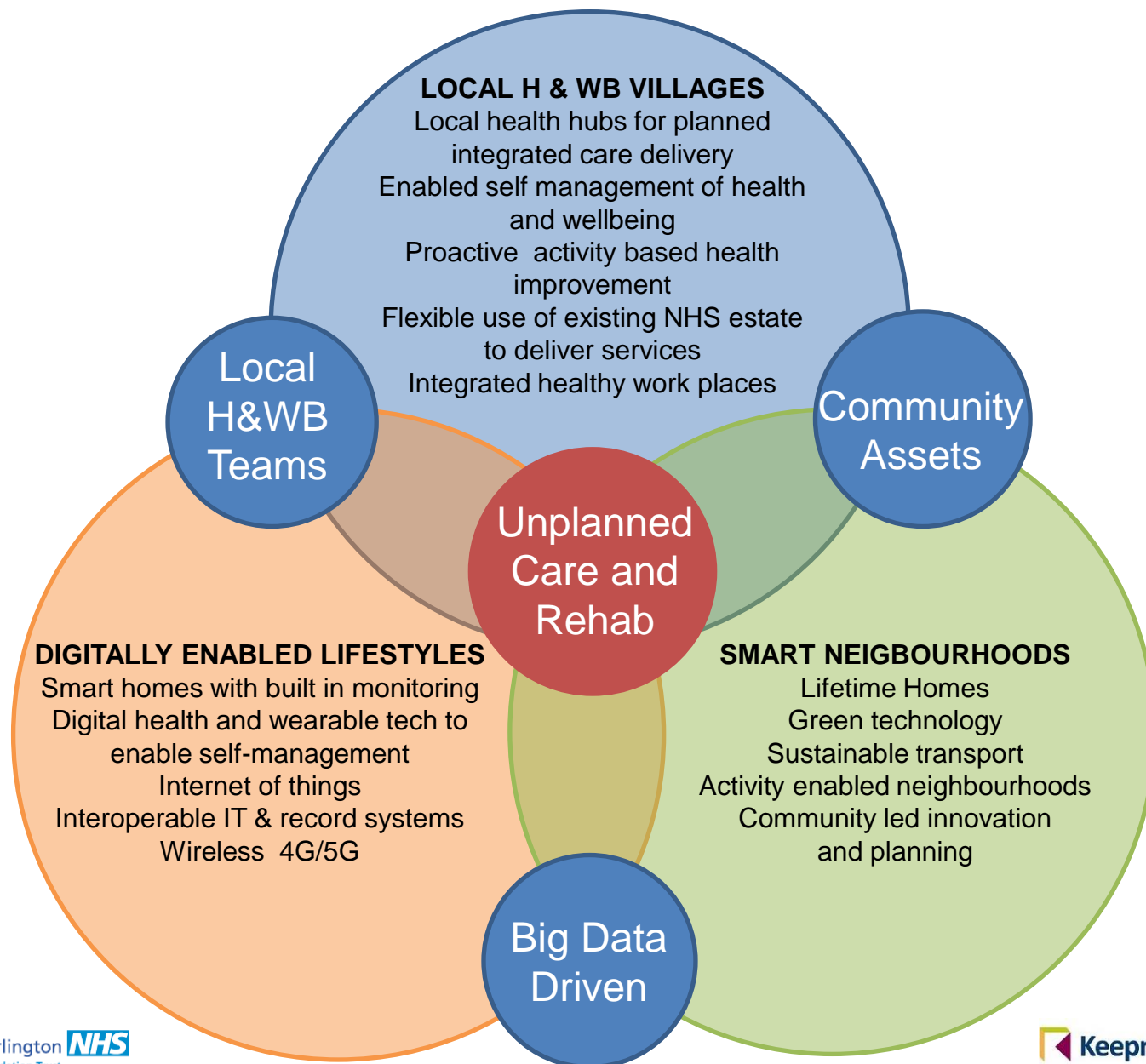
- a. To develop new and more effective ways of shaping new towns, neighbourhoods and strong communities that promote health and wellbeing, prevent illness and keep people independent;
- b. To show what is possible when we radically rethink how health and care services could be delivered, freed from the legacy constraints (i.e. existing services) that operate in other areas. This will support the New Models of Care programme by adding to the learning about how health and care services could be integrated to provide better outcomes at the same or lower cost;
- c. To accomplish the first two objectives in a way that can be replicated elsewhere, making learning available to other national programmes as well as other local areas.

Approaches

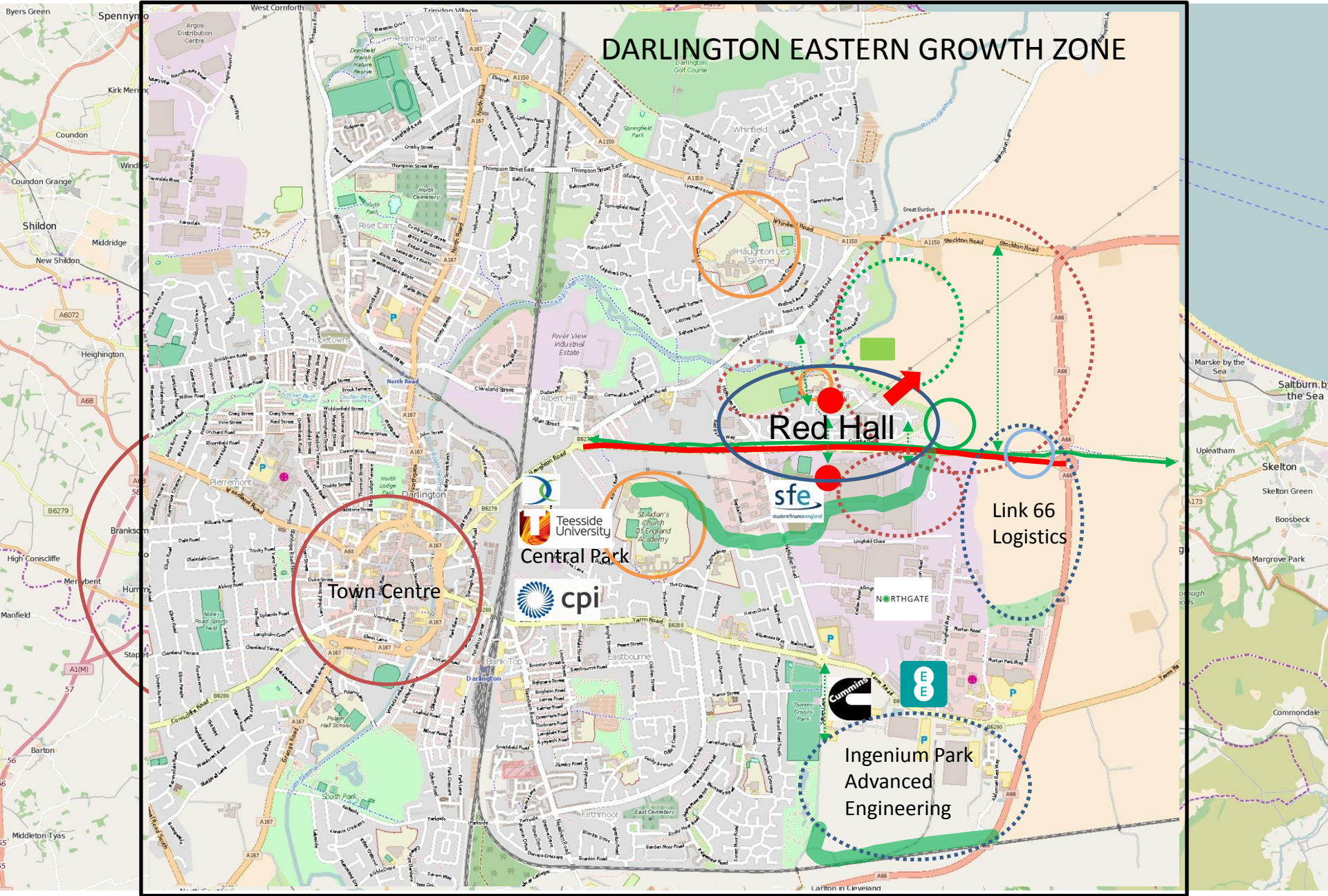
- Building healthier homes and environments that support independence at all stages of life. We would like to explore new ways of integrating housing, care and communities to keep people independent and in their own homes. For those who do need support, more innovative residential care facilities may be combined with flexible housing options and step-up or respite care.
- Tackling unhealthy (and “obesogenic”) environments by creating walkable neighbourhoods, delivering radically improved infrastructure for safe active travel and more accessible public transport, and by providing easy access to healthy and affordable food in the local area.
- Implementing a new ‘operating system’ for health and care that achieves “triple integration” between primary and secondary care, mental and physical health, and health and social care. This means developing a flexible health and care infrastructure that is linked to specialist care when needed, but provides many more services in the home, in primary care and alongside other public services. This infrastructure would also provide a strong platform for people to manage their own health and care, together with their peers and the voluntary sector, by making the most of mobile and digital channels.
- Creating connected neighbourhoods, strong communities and inclusive public spaces that enable people of all ages and abilities from all backgrounds to mix. Examples include ‘dementia-friendly’ design or ensuring that public spaces include features such as public toilets or benches that can make the difference between people being able to get out and about and being confined to their homes.
- Designing healthy workplaces, schools and leisure facilities that make the most of opportunities to encourage physical activity, healthy eating and positive mental health and wellbeing.

Connected Darlington

Bringing a healthy life to communities... Bringing healthy communities to life



DARLINGTON EASTERN GROWTH ZONE



Connected Darlington

The Vanguard's Vanguard Site

Healthy New Towns Areas of Activity

HEALTH AND WELLBEING

- Health spokes and hubs
- Health and wellbeing centres
- Local elective care focus
- Active health programme
- Supported self management
- Digital health
- Luncheon Club

CONNECTED COMMUNITIES

- Digitally enabled self management
- 4G enabled area with smart data sharing and internet of things
- Digital champions and training
- Wearable health tech

SMART HOUSING AND BUILDINGS

- Flexible smart housing – digitally enabled
- Lifetime Homes and Neighbourhoods
- Re-use of local health facilities

HEALTHY ENVIRONMENT

- Clustered Services
- Enhanced Public Realm
- Walking and Cycling Infrastructure
- Accessible environments for all
- Mixed use development close to major employers and commercial development
- Access to the countryside

ENGAGED PREDICTIVE COMMUNITY PLANNING

- Enabled data, sharing and access
- Big data planning
- Predictive engaged service planning
- Innovation scouts
- Behaviour change programmes

The Ask from Healthy New Towns

- **Project support**
- **Access to top programme and best practice**
- **Capital access for health development**

April – August
Delivered 'Quick Wins'

New Models of Care

- Pulmonary Rehab Group sessions run from Red Hall Community Centre
- 4 GP practices signed up to collaborative working in Eastern Growth Zone
- CDDFT & Age UK gained funding to provide lunch clubs linked to under-nutrition to Red Hall patients
- ETTF bids submitted for Luncheon Club and clinical space in Community Centre
- Holiday Hunger clubs run for schoolchildren and parents with sponsorship from Aldi
- 100 free fruit smoothies 'made' by local children using pedal power at Red Hall Carnival

Regeneration and Housing

- Wi-fi provided in Community Centre
- £100,000 for improvements to play space approved
- Phase 1 of Regeneration Scheme complete
- DCLG bid for Phase 2 of regeneration submitted
- DWP providing employment surgeries in Community Centre
- Warmup North engaged to providing heating and insulation advice to local residents

Digital Technology Transformation

- ETTF bid submitted for digital investment required for HNT
- Connected Cities bid submitted

General

- Community leaflet produced
- Engagement with public through DBC website, Twitter and You Tube
- Stakeholder Engagement Event held
- Red Hall Carnival, with community engagement held

September – December

New Models of Care

- Organisational development work with 4 practices to facilitate move to collaborative working
- Move to population based primary care contracts
- CDDFT and Age UK Lunch clubs mobilisation
- **Regeneration and Housing**
- Seating provided on walkways around Red Hall
- Mobilisation of Phase 2 regeneration work
- Bike pool and sponsorship scheme established
- Cycling proficiency training in schools established
- New play space in Eastern Growth Zone developed
- Engagement with new housing developers and buy in to use of HNT initiatives
- Information provided to community on walking and cycle routes
- Roll out of Virgin Money start-up programme
- **Digital Technology Transformation**
- Barclays Digital Eagles providing sessions to community
- Celebration Event held in Red Hall
- Upgraded digital platform
- Community digital champions in place
- **General**
- Stakeholder Leaflet developed

December – March

New Models of Care

- Development of pilot site lunch club and clinical space in community centre
- Population based primary care established

Regeneration and Housing

- Upgrade to playing pitch and changing facilities
- New sheltered housing partner sourced
- New housing developments approved incorporating HNT initiatives
- Development of National standard design guide for HNT
- Regional conference looking at relationships between Public Health and Planning
- Development of interactive walks
- Jobs Fairs held in Eastern Growth Zone
- Smart Travel app available
- "Healthy Walks" series established
- Purchase a Bike Scheme available

Digital Technology Transformation

- Upgrades to internet blackspots
- Roll out of 5G
- Digital tech provided for clinicians

April 2017 and Beyond

New Models of Care

- Review of pilot site and consideration of 'end state' H&WB hub/village
- #### Regeneration and Housing
- Development of exemplar new housing incorporating HNT initiatives
 - Development of safe routes to school
 - Development of new commercial centre with multi-functional health space
- #### Digital Technology Transformation
- Digital tech provided for self-management