

AGENDA

Physical Health of those with Mental Illness

Date: Wednesday 5 December 10:00 – 13:30

Venue: Green Park Conference Centre, 100 Longwater Avenue, Reading RG2 6GP

Objectives:

- Highlight and reiterate the national imperative and clinical case to improve physical health
- Share good practice and practical tips around completion of health checks and interventions across primary and secondary care organisations
- Provide information about current local programmes, initiatives and support
- Facilitate networking and discussions across the system around advances and barriers towards meeting required numbers of checks and ensuring interventions which result in improved outcomes

09:30	Registration
10:00	Welcome and Introduction James Carter, Senior Network Manager – All Age Mental Health, Thames Valley SCN
10:05	Physical Health Checks for those with Severe Mental Illness (SMI) – a national update Jay Nairn, Senior Programme Manager, Adult Mental Health Programme, NHS England
10:25	Clinical Case for change and progress in primary care Sian Roberts, GP Clinical Lead for Mental Health, Buckinghamshire CCG
10:45	Equally Well UK Initiative - working to reduce the physical health inequalities for people with severe mental illness. Andy Bell, Deputy Chief Executive, Centre for Mental Health
11:00	Evidence based lifestyle interventions- the importance of physical activity Brendon Stubbs, Researcher, South London and Maudsley NHS FT
11:15	Break
11:30	Sport in Mind – promoting mental wellbeing through sport Laura Brooks, Sport In Mind Development Manager
11:45	Plans for Walking into Wellbeing and peer support Alex Bothwell, Oxfordshire MIND
12:00	Live Well Stay Well service and link to psychological services Angela Jessop, Transformation Manager, Buckinghamshire CCG
12:15	Initiatives in secondary care Improving Physical Health within Oxford Health NHS FT Debbie Walton, Head of Service and Sarah Hill, Service Manager in Buckinghamshire, Oxford Health NHS FT
12:30	Using IT to support improvement within Berkshire Healthcare NHS FT Lucy Cooke, Clinical Director, Sam Miles, Physical Health Lead East and Gabrielle Cronshaw, Physical Health Lead, Berkshire Healthcare NHS FT
12:45	Discussion <ul style="list-style-type: none"> • What are the challenges of delivering improved physical health outcomes for those with SMI across primary, secondary care in our area? • What are the solutions to these challenges? • What can NHS England national and SCN team do to support ?
13:15	Feedback and Close