

Northstowe Healthy Town programme: workshop

Dan Clarke – Smart Cambridge Programme Manager at Connecting Cambridgeshire - has been in touch, to seek interest in a workshop for “anyone interested in exploring how technology can support new communities housing/ health/ place/ mobility etc.”

Thinking about how technology, data and all things digital can help support a healthy community.

Would love to get housing folk involved around connected care and better management of their estate.

Who should be invited and do we suggest any inspirational speakers around this subject?

The workshop is on the 14th September at the Future Business Centre, Kings Hedges Road, Cambridge CB4 2HY.

We'll be looking for people's ideas, interactive session. We'll probably try and get some thought provoking talks up front.

Clare Gibbon from South Cambs is the project manager for this project and is happy to take bookings / answer queries.

“We want to make it an interactive workshop so we can begin to explore ideas and practical proposals which could be implemented at Northstowe, for use of both existing technologies and for innovative solutions which we could be put to the test in the new builds.”

Background notes: NHS England's Healthy New Town Programme: Northstowe Healthy New Town

NHS England has recognised that new towns afford a valuable opportunity to both explore how best the built environment can contribute towards a shift to healthier lifestyles (through interventions which encourage active travel and positive community identity, for example) and how existing models of care may be reshaped in response to increasing demands on NHS services resulting from a population beset by lifestyle diseases and an increasingly elderly demographic, in the face of static or reducing budgets. The programme recognises the crucial relationship between developer, planning authority and the various tiers of the health service in bringing about the sorts of improvements which can serve as a template for new development across the country.

Northstowe was put forward for inclusion in the Healthy New Towns Programme in by a partnership led by Cambridge University Hospitals NHS Foundation Trust , South Cambridgeshire District Council and the Homes and Communities Agency, the government's housing and regeneration body and developer of Northstowe Phases 2 and 3 totalling 7,500 homes. Gallagher, the master developer for Phase 1, Northstowe, comprising 1,500 homes, although at a more advanced point in delivery, was also supportive of the bid.

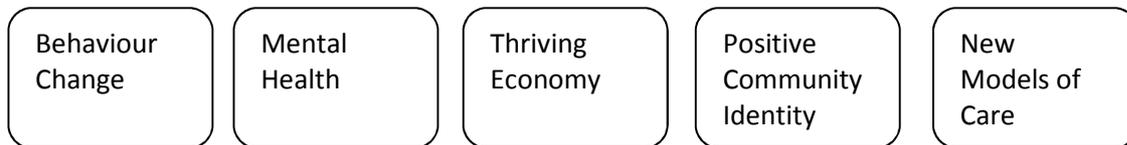
From the outset the Northstowe HNT bid identified the need for a clear understanding of the health and social care needs and preferences of our ageing population, with research into the future demand for specialist accommodation key to understanding how new communities must respond to the changing demographic and facilitate more effective, community focused strategies for care and support, as envisaged by the CCG's Sustainability and Transformation Plan (STP).

Northstowe's bid for inclusion in the national programme was successful and in March 2016 attracted an initial investment from NHS England of £110,000.

The Northstowe Healthy New Town programme was subsequently developed by the partnership, which comprises the organisations shown below and has been awarded a further £280,000 over the next two years to coordinate its implementation and deliver specific projects where NHS England funding support was requested.

- Cambridge University Hospitals Foundation Trust
- Cambridgeshire and Peterborough Clinical Commissioning Group
- The Homes and Communities Agency
- South Cambridgeshire District Council
- Cambridgeshire County Council
- Cambridgeshire and Peterborough Foundation Trust
- Public Health England
- Cambridge Institute of Public Health
- East of England Health Science Network

Its programme is arranged along the following themes:



Behaviour Change

Under this work stream lie projects to ensure the built environment is optimised to support active transport, recreational activity and healthier food choices, through for example:

- Seeking to embed design criteria into invitation to tender documents for the Education Campus, which support physical activity and promote good mental health.
- Creation of walking and running routes across the development.
- An extension of the usual Youth and Play strategy for Phase 2 to address the recreational needs of residents throughout the life course.
- Influencing the development of the Town Centre Strategy for Phase 2 to support healthier lifestyles by reducing the opportunity for hot food takeaways to establish (working with the Centre for Diet and Activity Research).
- Sustainable transport project to supplement those available through s106.

Mental Health

- By utilising Longstanton resident volunteers and the dedicated Northstowe community development worker, new residents will receive an on the doorstep welcome and Welcome Pack of useful local contacts, groups and medical services information ("Choose Well" information).
- Multi-skilled frontline professionals from a range of agencies and sectors will deliver an early intervention and prevention to address early signs of poor wellbeing, providing an holistic, community led approach to avoidance of escalation of poor mental health.
- Develop the opportunities to offer horticultural therapies, provided by the public gardens, orchards and community allotments secured through s106 for Phases 1 and 2.

Thriving Economy

- Providing wi-fi enabled community spaces to offer an alternative homeworking environment.

- Influence the development of the Northstowe Economic Strategy to take account of healthy new town principles.
- Partners to explore with DCLG potential solutions to key worker housing shortages (Note: Phase 1 comprises 20% affordable housing and Phase 2, 10% affordable, 40% starter homes; for Phase 3 (5,000 homes) pre-app discussions are likely to start this Autumn).

Positive Community Identity

- Establish volunteer schemes to encourage exchange of labour and expertise to supporting self-help and community cohesion.
- Review and establish appropriate community governance arrangements for Northstowe, to include the consideration of a Northstowe Trust.
- Review of Phase 2 Design Code to ensure that the development can support the needs of the population at all ages and life stages, including the needs of older people.

New Models of Care

- Understand the need for specialist housing, care and support for older people to recommend how specialist housing should be incorporated into Northstowe phases 2 and 3 (and elsewhere in Greater Cambridge).
- Understand the demographic and health profile for Northstowe residents and predict the likely health and social care needs for the Northstowe population.
- Develop a new model of care to meet the health and care needs of Northstowe and its necklace villages.