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http://www.nesta.org.uk/sites/default/files/at_the_heart_of_health_-_realising_the_value_of_people_and_communities.pdf

Purpose of document

At the Heart of Health is a new report funded by NHS England and led by Nesta and the Health Foundation, working in partnership with other key organisations such as National Voices. It is part of a wider Realising the Value programme, in support of the NHS Five Year View which has a vision for health services to develop a new relationship with people and communities using person-, patient- and community-centred approaches to health and care. The purpose of this is to help the health and care system to support individuals and communities to be at the heart of their health and wellbeing.

Summary of contents

The report begins by defining what person- and community-centred approaches to health and wellbeing are. It then explores the approaches that can support people to take control of their own health and wellbeing. It gives an overview of a wide range of evidence from research and practical examples of current practice to show the value of the approaches, and describes their benefits across three dimensions of value. They are: mental and physical health and wellbeing, NHS sustainability, and wider social outcomes. The next part of the report discusses five areas (including peer support and self-management) that have been identified as having the best changes of delivering benefits for individuals and communities, and will be the next focus of work for the Realising the Value programme.

Summary of outcomes

Although there is still more evidence emerging about the various approaches, the report shows that person- and community-centred approaches for health and wellbeing does have significant potential to improve individuals' health and care outcomes, support the development of communities that are strong and resilient, and help to reduce demand on health and care services over time.

Summary of recommendations

- Understand and build the evidence-base for person-centred and community-based approaches for health and wellbeing.
- Develop useful tools, resources, and a network of local communities to achieve the changes.
- Work closely with the five local partner sites (including Positivity UK, and Penny Brohn UK) to develop practical skills to put key approaches into practice and make them more widespread in health and care.
- Encourage more communities that are committed to person- and community-centred care to adopt the approaches.
- Prepare policy recommendations about what is needed to support change and to create appropriate conditions for the approaches to be put into effect.

Further information and resources - Five Year Forward View

<https://www.england.nhs.uk/wp-content/uploads/2014/10/5yfv-web.pdf>

<https://www.england.nhs.uk/wp-content/uploads/2014/11/5yfv-easy-read.pdf>

Document summarised on behalf of Healthwatch Merton by: N Apprey-Abraham

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