



<b>Strategic Programme for Primary Care</b>
<b>Strategic Programme for Primary Care Fund 2022 (SPPC Fund)</b>

### Section 1 – Overview

Health Board	Cardiff and Vale
SPPC Fund allocation	537k
Number of projects to be funded	4

### Section 2 – Projects to be funded *Add further tables for any additional projects*

#### Project 1

SPPC Fund alignment 2022	ACD Programme	Obesity	Other
Project title	Pre-Diabetes brief interventions at Cluster level		
Budget for this project	£70k		
Short project description	To provide brief intervention programme to patients identified as pre-diabetic by a trained support worker, supported by a dietitian.		
Key objectives of this project	<p>To further roll out the pre-diabetes All Wales programme across Cardiff and Vale.</p> <ul style="list-style-type: none"> <li>To reduce % of patients from pre-diabetic to normal glycaemia health.</li> <li>Increased patient knowledge and confidence in management of pre-diabetes.</li> <li>Reduced GP contacts linked to comorbidities associated with diabetes.</li> </ul>		
Start date	Q4 2022/23	Expected End date	March 2024
How will you monitor and evaluate this project?	Outcomes and impact will be measured in line with the PHW led AWDPP evaluation framework.		
Describe how this project differs to what is already in place locally or what has been tested elsewhere?	<p>This project aims to build upon the positive evaluation of the brief intervention programme including the health economic analysis and provide a basis for further roll out to assess population impact.</p> <p>At present the programme is only funded/able to be provided within 2/3 of 9 Clusters. The proposed investment seeks to extend further within/across Cardiff and Vale.</p>		

#### Project 2

SPPC Fund alignment 2022	ACD Programme	Obesity	Other
Project title	ACD Infrastructure		
Budget for this project	Year 1 Costs – 350k		
Short project description	To enhance the planning and delivery capabilities of collaboratives as part of the ACD programme.		

Key objectives of this project	<p>This project will consist of a number of components;</p> <p>Objective 1: The creation and implementation of a Dental Collaborative group for Cardiff and Vale.</p> <ul style="list-style-type: none"> <li>• To recruit a lead representative for the collaborative.</li> <li>• To provide a framework in which the collaborative is able to meet.</li> <li>• Leadership development to enable system wide transformation/change.</li> </ul> <p>Objective 2: The creation and implementation of an Optometry Collaborative group for Cardiff and Vale.</p> <ul style="list-style-type: none"> <li>• To recruit a lead representative for the collaborative.</li> <li>• To provide a framework in which the collaborative is able to meet.</li> <li>• Leadership development to enable system wide transformation/change.</li> </ul> <p>Objective 3: Strengthen and further enhance the Community Pharmacy collaborative infrastructure.</p> <ul style="list-style-type: none"> <li>• To enhance the current approach, through Leadership development to enable system wide transformation/change.</li> <li>• Resetting of the PCCPL role to reduce variation when compared to other collaborative lead roles.</li> </ul> <p>Objective 4: To develop the capacity and capabilities of Collaboratives as influencers in mainstream planning and delivery decisions for their population.</p> <ul style="list-style-type: none"> <li>• Data and information analysts to support the development of robust bids/proposals (informed by data) based on population need/demand.</li> <li>• Recruit Digital Support Officer to support Cluster Development focusing on the use of new technologies and software, maximising existing systems and the development and evaluation of projects.</li> <li>• Evaluation and exit planning strategies to enable system wide change.</li> <li>• Increased/enhanced leadership to enable whole system transformation and change.</li> </ul>		
Start date	May 2022	Expected End date	March 2023
How will you monitor and evaluate this project?	<ul style="list-style-type: none"> <li>• Number of Collaboratives in place across all contractors.</li> <li>• Number of collaborative meetings held.</li> <li>• Quality of information and data development.</li> <li>• Development of robust evidence-based bids.</li> <li>• Project evaluations.</li> <li>• Recruitment to key posts.</li> </ul>		
Describe how this project differs to what is already in place locally	<p>Cluster Development is a key priority for PCIC Clinical Board. Work around GMS Clusters is progressing at a steady pace. This project focuses on Dentistry,</p>		

or what has been tested elsewhere?	Optometry and Community Pharmacy and the contribution they will make to the wider Cluster collaborative.
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### Project 3

SPPC Fund alignment 2022	ACD Programme	Obesity	Other
Project title	Living Well		
Budget for this project	£57k		
Short project description	<p>This cluster based project will deliver Foodwise for Life and Escape Pain as well as other activity sessions to patients to support obesity management at a cluster level. This holistic approach across activity and diet support overweight and obesity management as part of the weight management pathway.</p> <p>Foodwise is a structured weight management programme, designed to be delivered by community based staff including Living Well support workers, leisure and community development workers. It is for individuals with a Body Mass Index &gt; 25kg/m<sup>2</sup> and was developed and has subsequently been updated in line with best practice guidance (NICE 2014, Eatwell Guide 2016) to meet an identified gap in C &amp; V at Level 1 and 2 of the All Wales Weight management pathway.</p> <p>ESCAPE-pain is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better.</p> <p>ESCAPE-pain offers two programmes:</p> <ul style="list-style-type: none"> <li>• ESCAPE-pain for knees and hips: designed to benefit people with chronic knee or hip pain.</li> <li>• ESCAPE-pain for backs: designed to benefit people with chronic low back pain.</li> </ul> <p>Offering self-referral at a cluster level to these interventions supports patients to self-manage their weight earlier and so prevent higher levels of obesity and co-morbidities.</p>		
Key objectives of this project	<ul style="list-style-type: none"> <li>• To recruit case worker (Band 4) and professional staff (Physiotherapist and Dietician) to train and deliver group education programmes including Food Wise and Escape – Pain Course in two Clusters. Plus provide ongoing supervision of the programme and programme management.</li> </ul>		

	<ul style="list-style-type: none"> <li>4 group education sessions will be delivered per week. Aiming for 20 full groups (8 week programmes) per year supporting a minimum of 200 participants.</li> <li>To undertake full evaluation of both aspects of the programme including service user experience.</li> </ul>
Start date	Spring 2022      Expected End date      March 2024
How will you monitor and evaluate this project?	<ul style="list-style-type: none"> <li>Collection of prom / prem EQ5D.</li> <li>Data is collected from participants e.g.</li> </ul> <p>No. of participants completing the programme, with weight recorded pre and post programme, lost weight as a result of attending Foodwise (previous data shows <b>average weight loss = 2.9kg during 8 week programme</b>).</p> <p>No. Of Foodwise participants completing evaluation questionnaires reported making positive changes to their diet as a result of attending Foodwise.</p> <p>No. Of Foodwise participants completing evaluation questionnaires reported increasing their activity levels as a result of attending Foodwise.</p>
Describe how this project differs to what is already in place locally or what has been tested elsewhere?	<ul style="list-style-type: none"> <li>Escape Pain is a UK wide programme with full evaluation and evidence base. Food wise for life is an all-Wales programme with national evaluation. Both utilise a once for Wales approach to support level 1 of the weight management pathway as part of Healthy Weight Healthy Wales. Currently C &amp; V do not offer a cluster level weight management support and the ability for people to access self-management programmes close to home and in a timely manner enhances uptake and participation.</li> <li>Enabling self-referral will support people accessing different routes for support rather than needing a primary care consultation.</li> </ul>

#### Project 4

SPPC Fund alignment 2022	ACD Programme	Obesity	Other
Project title	Get Cooking		
Budget for this project	£60k		
Short project description	<p>In Wales, it has been recognised that being a healthy weight is one of the most effective ways of reducing the risk of diet-related non-communicable diseases (WG 2019) yet obesity levels continue to rise with 600,000 adults (PHW 2018) and 27.1% of children currently overweight or obese (PHW 2019). Children living in areas of deprivation are significantly more likely to be obese with the gap between prevalence of obesity in the most and least deprived quintile increasing (PHW 2019).</p>		

	<p>It has been shown that good food and nutrition affects a young person’s health and wellbeing and the relationship between learning to cook and having the opportunity to do so leads to better nutritional indicators, improved mental health and stronger family connections (Utter et al 2016). Limited cooking skills and ability to adapt recipes and budget effectively impacts on people’s ability to access healthy affordable meals. There are two key aspects to the programme;</p> <p><b>1. Accredited nutrition skills training for community workers.</b>  <b>2. Co-production of healthy eating initiatives with community groups.</b></p> <p>The dietitian will train and supervise the support worker to deliver a range of healthy eating initiatives with community groups including <b>Get Cooking</b> (Level 1, 2 credits) a practical cooking skills course.</p> <p>Get Cooking is a 7 week practical cooking course for community members including carers. The sessions are run once a week for two hours each. All sessions involve hands-on cooking and some include activities about healthy eating and food safety. The sessions are a great opportunity to share tips on saving time and money and reducing food waste. Participants take a portion of what they make home each week to share with their family.</p> <p>The course is accredited with Agored Cymru providing the opportunity to gain level 1 credits.</p> <p>Training will also be provided to health care support workers in primary care to enable them to deliver additional practice base education and support.</p>			
Key objectives of this project	<ul style="list-style-type: none"> <li>• Recruit and train support worker to deliver the intervention.</li> <li>• To set up and run 15 groups per year.</li> <li>• To recruit patients including self-referral.</li> </ul>			
Start date	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Spring 2022</td> <td style="width: 25%;">Expected End date</td> <td style="width: 50%;">March 2024</td> </tr> </table>	Spring 2022	Expected End date	March 2024
Spring 2022	Expected End date	March 2024		
How will you monitor and evaluate this project?	Prom / Prem including changes in eating behaviours.			
Describe how this project differs to what is already in place locally or what has been tested elsewhere?	<p>These all wales skills and education programmes are not available at cluster level in C &amp; V and are currently only accessible to specific population groups through flying start and similar programmes. Adults with obesity are a priority group that need access to these programmes at cluster level to support their self-management of obesity. The plan is to include these practical skills as part of the social prescribing model in C &amp; V.</p>			

Please return the completed project template(s) to [SPPC@wales.nhs.uk](mailto:SPPC@wales.nhs.uk) for inclusion in the DPCC/SPB Board papers.