



Wellbeing Erewash
Your Life Your Way

Edith and John's story

Fictional characters living lives
enhanced by Wellbeing Erewash.

This illustration of everyday
Erewash life depicts how
a visionary programme is
improving health and wellbeing.





**Edith and
John's story**

Back in time

Cast our minds back three years ago when Wellbeing Erewash was being set up.



We highlighted the story of Edith and John

Edith, 72, lives on her own in Ilkeston. She has had diabetes for many years and is struggling to control her condition. She's often contacting the GP as well as requiring social care support.

Her son, John, 44, is often having to take time off work to support her and liaise with various health and care services for his mum.

He has tried contacting Edith's GP practice for an appointment but they seem to struggle to have availability when Edith needs it.





Edith is having a troubled time

Problems with her physical health have exacerbated issues with her mental health.

Edith has been diagnosed with depression and has been prescribed some pills.

Busy lives, stressful times

John is a self-employed plumber. He lives with his wife Alison, 38, and their two children, Ethan, 12, and Millie, 10, in Petersham, Long Eaton.

Due to a busy family life, and looking after his poorly mum, he's been finding it difficult to see a health professional about his occasional breathlessness. There always seems to be long waits to see anyone.

While Millie seems fine, Ethan has been subdued of late and does not seem to have settled in at his new school.



And then there was Wellbeing Erewash...

Our vision is that you can be as well as you can be, physically and mentally, with the confidence and support you need to choose a healthy lifestyle and to get help when you need it.



Our vision

Three priority areas

1

Personal Resilience

Supporting individuals to be as healthy as they can be, looking after themselves and knowing where to get help when they need it

2

Community Resilience

Making sure support is available and easy to find in the local community, and encouraging people to look out for each other

3

Integrated Care

Bringing services together to suit the person, not the organisations involved

And now?

It's all a bit different in Erewash. Edith and John are not quite sure why but everything seems so much easier, they're more in control of their lives, they're feeling fairly well, they're happier.



Life's a bit sweeter

Edith suffered for a little while with hypo attacks when her diabetes got out of control.

A care co-ordinator picked up on her frequent calls to the NHS and got an advanced nurse practitioner from the acute home visiting service on the case.





In control

Edith has also been helped by a nurse specialist in diabetes.

The nurse has received health coaching training and is listening to Edith about what behavioural changes she might wish to make.

Edith has decided to have sugar-free drinks and follow a meal plan.

Time for friendships

Edith has joined Erewash Time Swap after her daughter-in-law Alison spotted a leaflet at the GP practice.

Trading skills between members, Edith is happy knitting for group members. In return, Frank has helped her learn how to use a computer. The last time she was on the computer she read up a bit more about diabetes.

Through Time Swap, Edith has found a purpose in life – her GP says she doesn't need a prescription for depression any more. Edith agrees.



Dealing with a diagnosis

John has recently been diagnosed with asthma. He's still learning about how best to cope with the condition. He called his GP practice and was given a same day appointment with an advanced nurse practitioner. She had the time to more fully explain about his asthma and show him how to effectively use the inhaler.

The On Day Service is certainly speeding up the time it takes to see a health professional. The service has recorded very high satisfaction rates – not just among patients but also GPs who can better control their time and case mix.

John's feeling a bit fitter and more able to help with his mum – not that she needs so much help now.



Right people in the right place ready to help

This morning John's wife Alison was due to go to Petersham Hall to take part in a community event.

Local people are gathering to work out what facilities and clubs they want to see in the area. Having a cold and sore throat she popped into the GP practice to see if they could give her anything.

There, the care navigator on reception pointed her in the direction of the pharmacy who were able to help. Alison attends the community event, throat lozenges in her handbag.

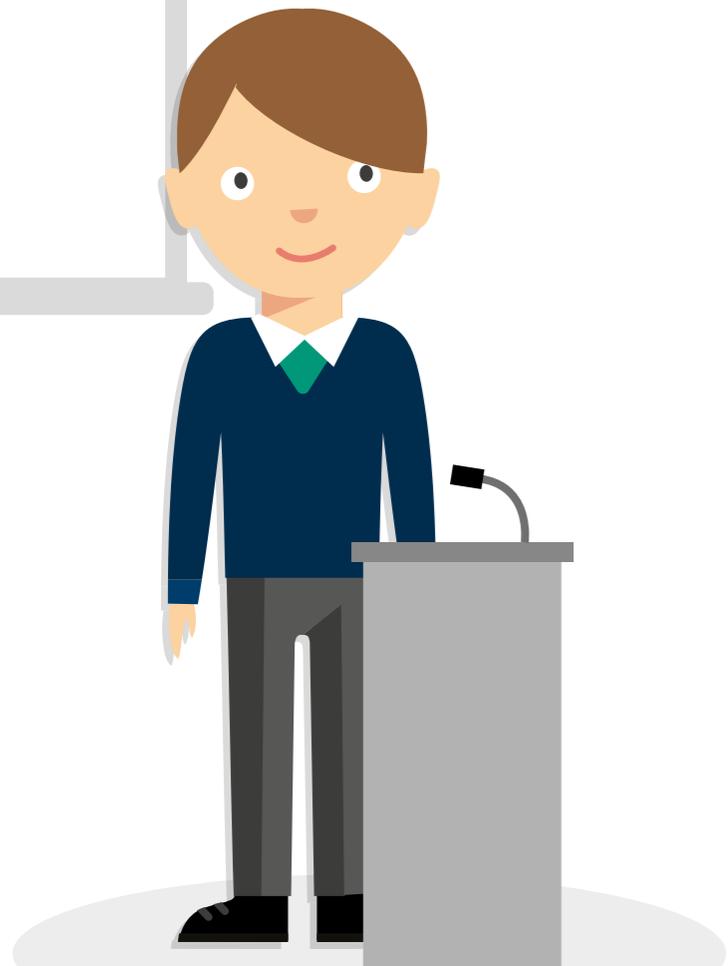


A brilliant boy

That evening, Alison and John's son Ethan tells them about his school day. His year 7 class at Wilsthorpe School have completed their Brilliant Erewash training today.

Ethan is a boy inspired. From having spoken to the entire school assembly about his newly-found self-confidence and self-belief, he's spent supper telling his parents that they should be more active.

He then does all the washing up. Amazing!

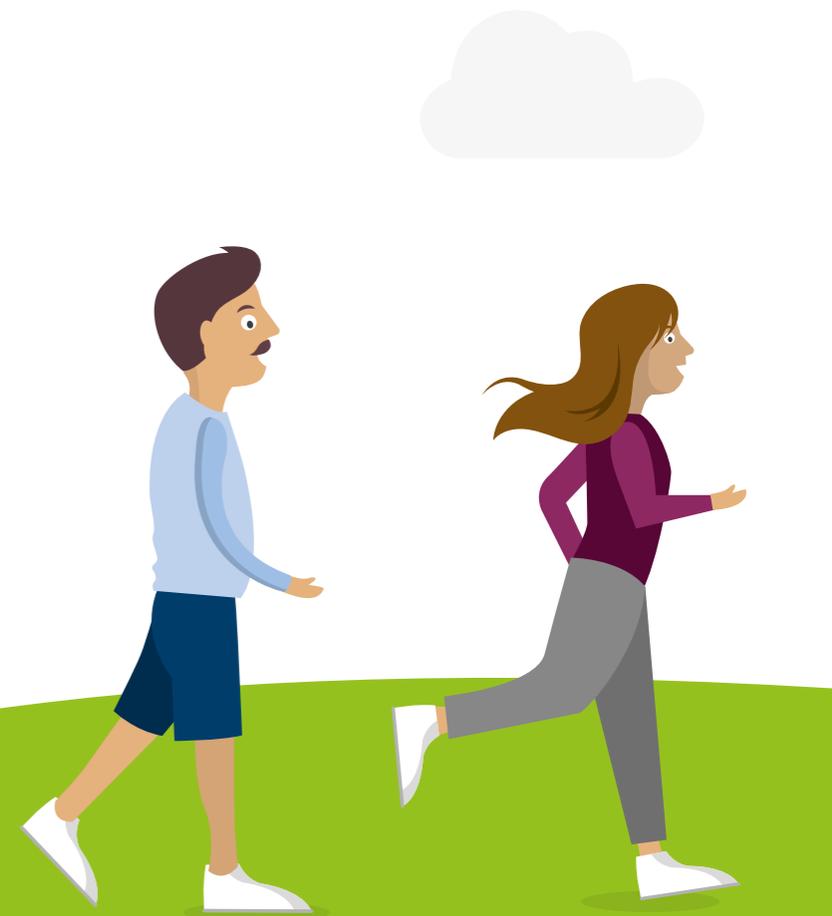


Making the connections

Alison loves helping out in the community when she's not working. There's a vibrant and well supported voluntary sector in Erewash.

With her son's encouragement to become more physically active, she speaks to the local Community Connectors who put her in touch with a local running group. She's gone from couch to 5K in no time at all.

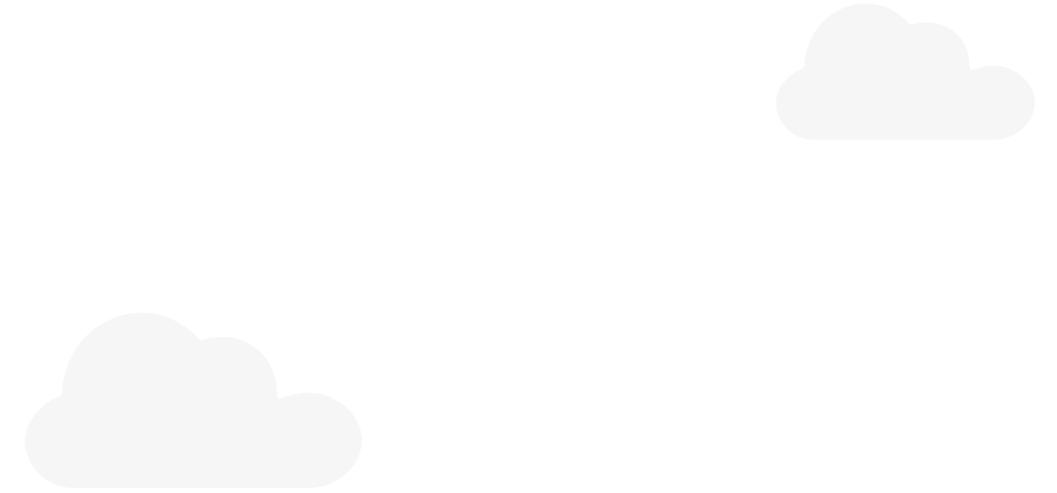
John with his inhaler in his back pocket, is not far behind. Edith is sitting in the café across the park watching her fantastic son and wonderful family. Edith's Time Swap friend has just produced a lovely slice of cake.



2020 vision

In the Wellbeing Erewash value proposition, we said there would be a “generational shift in both behaviour of the people working in the service and the people receiving it”.

Ask the children of Brilliant Erewash, ask the members of Erewash Time Swap, ask the Erewash Voluntary Sector Forum, ask the people being supported by the Care Co-ordinators, ask users of the On Day Service, ask partners in Wellbeing Erewash – they’ll tell you the shift is happening now.





Wellbeing Erewash

Your Life Your Way

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