



Thrive into Work Engagement Newsletter

West Midlands Combined Authority
January 2019
Edition 13, Volume 1

A **BIG HELLO** and **HAPPY NEW YEAR** from the Thrive into Work Programme Team!

Trial highlights

So far in 8 months (June 2018 –January 2019)
we have achieved:
1283 people on the trial
640 in the treatment group
119 Job starts!

The Thrive into Work programme has been published in the Financial Times in the article '***UK trial promotes wellness to boost economy***', alongside our sister programme Thrive at Work. Please take a look at <https://www.ft.com/content/0a8b2476-9cc1-11e8-88de-49c908b1f264>

A few words from our Thrive into Work Champions!

Thrive into Work can support your patients to seek and retain employment. Not only can it stop/reduce frequent attendances from patients, thus reducing demand, it can also improve a patient's health and wellbeing. We recommend this service. Dr Aslam GP

I am proud to be a champion for Thrive into Work as I have seen first-hand the benefits that the project provides for people and the huge difference it makes with regards to patients work retention and consequently their overall confidence and wellbeing. Jenny Kennedy Health Care Assistant

I am thrilled to be able to promote a well-needed service to patients who worry about seeking employment or struggle to stay in paid employment due to mental health problems. Amanda Franklin Primary Care Mental Health Nurse Champion

Working Together to Change Lives - 7th March 2019 11am-2pm Villa Park

Thrive into Work invites you to hear about all that the trial has accomplished so far and our plans to change lives through supporting people with physical and mental health conditions into good quality sustainable employment over the next year. There will be speakers from West Midlands Combined Authority, Government Ministers, and Service Users whose lives this trial has impacted. There will be also an opportunity to visit our stalls and network. There will be complimentary food and drinks during the event. If you would like any further information about this event please contact Ethan Williams at Ethan.Williams@wmca.org or on 01212147474, and please register via Eventbrite [Thrive into Work – Working Together to Change Lives](#)



We need your referrals!

Anyone can refer via www.thriveintowork.org.uk and GP teams can also refer via e-RS. The Clinical Research Network are offering service support costs for GP (£4.50 per referral) and Practice Nurse (£1.70 per referral) referrals. GP teams are signing up to take part in targeted recruitment by searching their patient clinic lists. Service support costs are also on offer for screening the lists generated. *Have you signed up yet?* Please contact the CRN in your area for more information: Saif Uddin Birmingham & Black Country saif.uddin@nhr.ac.uk and Jenny Simms Wolverhampton jenny.simm@nhr.ac.uk

Well done to the top GP team referrers so far!

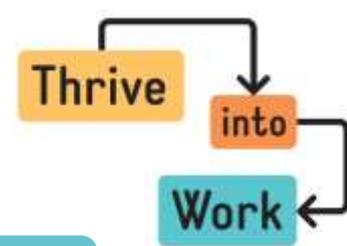
GP Practice	Lot	Referrals
Quarry Bank Surgery	Dudley	13
Newtown Medical Practice	SWB	10
Rangeways Road Surgery	Dudley	9
Cape Hill Medical Practice	Birmingham	8
Broadway Health Centre	SWB	5
Newbridge Surgery	Wolverhampton	5
Feldon Lane Surgery	Dudley	5
Ridgeway Surgery	Dudley	4
Three Villages Medical Practice	Dudley	4
Parkfields Medical Practice	Wolverhampton	4

Please keep referring into the programme and sign up to the targeted recruitment approach

Thrive into Work has had a lot of support from the Community Health Teams too. Well done to the top Community Health Team referrers so far!

Community Health Team	Lot	Referrals
IAPT	Dudley	52
IAPT	Wolverhampton	23
Social Prescribing	SWB	9
Vocational Rehabilitation	Wolverhampton	8
Dudley Physiotherapist	Dudley	5
Birmingham Mind	Birmingham	5
Community Support Workers R&J services	Birmingham	4
Health exchange	SWB	4
IAPT	Birmingham	3
MSK/Physio	SWB	3

Please keep referring!



Thrive into Work – Two Sides of the Same Coin

This blog is opening the debate about Health and Wealth – A significant discourse is beginning to appear in our health arena surrounding this agenda and **we** are right at its epicentre. With demand increasing in all of our worlds, never before has there been a greater need to consider a preventative approach and align our work with a population Health ethos. Health inequalities are rising; the gap between life expectancy and healthy life expectancy in our region is widening year on year; obesity is prevalent, with 2/3 of our year 6 children being obese or overweight. The long term issues are well known and significant.

So where should we start? My role in the West Midlands Combined Authority creates an opportunity for us to work across the whole system and have a view of what the future could and should look like. The new NHS Long Term Plan talks about a New Service Model for the 21st Century, more NHS action on prevention and inequalities, improving care quality and outcomes, through to developing our staff.

Interestingly, the Long Term Plan identifies the need to seek a more socially focused approach. Appendix H articulates the desire for the NHS to be part of the wider social network. There has been significant discussion about whether this direction may be mission creep into a wider public health space but I would disagree. What the plan gives us is permission - to really start to

think about the individuals we see every day in our care settings and it attempts to give us the tools to support this.

Two programmes within my work immediately spring to mind – ‘Thrive into Work’ and ‘Thrive at Work’. Both programmes are seeking to develop our working aged population in a preventative way either by improving / maintaining their health in the work place or by working with people who have poor physical and / or mental health to support them into work.

There is significant evidence to suggest that ‘good work is good for you’, and having a physical and mental health condition is not an automatic barrier to employment. Aligned to this approach are the wider determinants of health; stable and better housing (a cornerstone of the WMCA work plan – 215,000 new homes by 2031), improved relationships, improved education attainment and effective community cohesion leading to more resilient and responsive communities.

**Superintendent Sean Russell Director of
Implementation for Mental Health, Wellbeing and
Radical Prevention West Midlands Combined
Authority**

For further information contact the providers:

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Please contact the central team: Dr Fozia Ikram-Bashir fozia.ikram@nhs.net 07920 150 070
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