



HEALTH INNOVATION IN LEEDS: THE DEVELOPMENT OF WELLBEING PODS

A partnership between Leeds Libraries and the NHS





INTRODUCTION TO HEALTH INNOVATION AND COMMUNITY BASED HEALTHCARE IN LEEDS

Emily Carr, Associate Director of Pathway Integration for
Children, Families and Healthy Populations

WHO ARE WE?

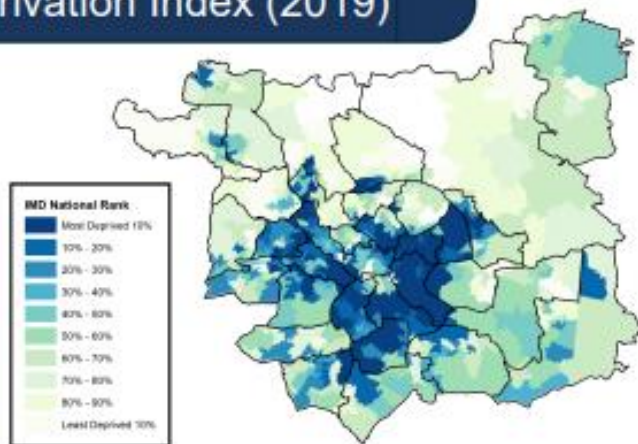
WE ARE
LEEDS

Continued challenges, despite our collective efforts

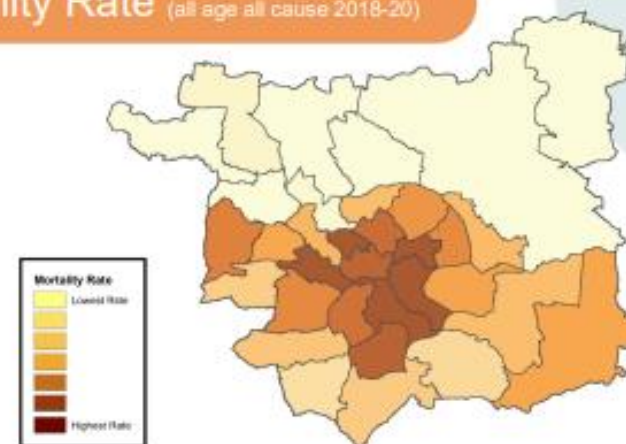
- People who live in the poorest Leeds neighbourhoods die years earlier than people in the wealthiest - around 13 years earlier for women and 11 years earlier for men
- An increasing proportion of people in Leeds live in deprived areas (1 in 4 adults and 1 in 3 children)
- Year on year improvements in life expectancy stopped in 2010 and the gap between deprived areas of Leeds and the city average has widened

Different themes... same pattern of inequality

Deprivation Index (2019)



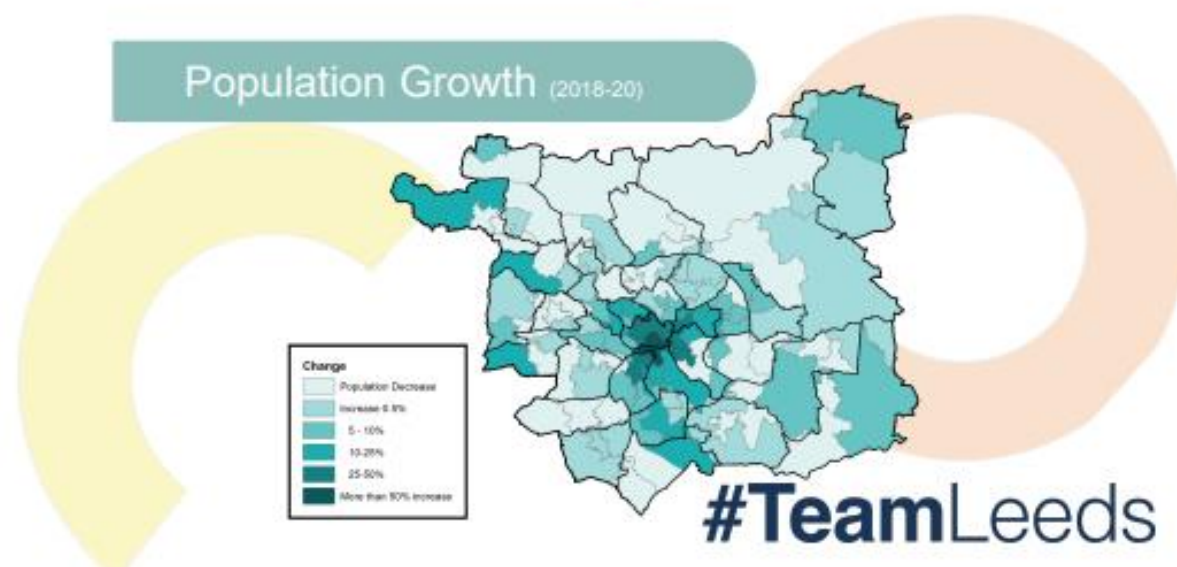
Mortality Rate (all age all cause 2018-20)



COVID-19 Vaccine Takeup



Population Growth (2018-20)





Leeds
Health & Care
Partnership

Partnership development areas

Closing the gap – our approach needs...



WORDS OF WISDOM...



*"...Poetry and Hums aren't things which you get,
they're things which get you. And all you can do
is to go where they can find you."*

- A.A. Milne



#TeamLeeds



INTRODUCTION TO WELLBEING PODS AND WHY LIBRARIES?

Andrea Ellison, Chief Librarian, Leeds Libraries
Rachel Van Riel, Director, Opening the Book



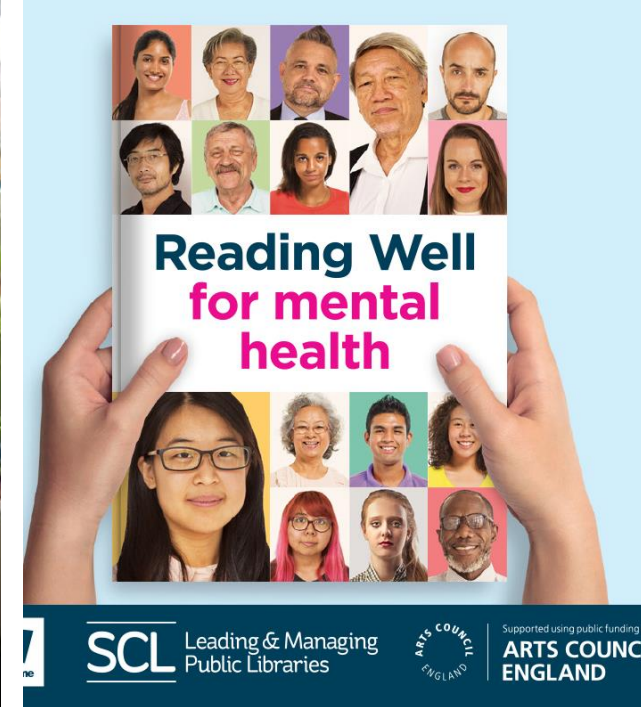
DISCOVER OUR WELLBEING OFFER

- Health and Wellbeing is one of the 3 pillars which underpin our Best City Ambition in Leeds
- Support for Health and Wellbeing is one of the 4 national public library Universal Offers
- Health and Wellbeing is a key priority for Leeds Libraries.

"Libraries build better lives full stop. They are as essential to the health and wellbeing of our communities as any other social service"

Marc Lambert, CEO of Scottish Book Trust





SCL Leading & Managing Public Libraries

ARTS COUNCIL ENGLAND

Supported using public funding by

SOUND MIND SOUND BODY SOUNDY
OGASOUND WRITINGSOUND TALKS
SOUND EVENTSSOUND TASTERSSOU
NDDJING SOUNDARTSOUNDWORK
SHOPSSOUND MONTHSOUND MIND

LEEDS LIBRARIES PRESENT

SOUND MIND
POSITIVE HEALTH AND WELLBEING THROUGH MUSIC



<https://bit.ly/LeedsInspired>

WILKO WILKES/TESTAMENT/BIANCA GERALD/ARTFORMS/ANDY'S MAN CLUB/LEEDS BIG PROJECT BAND/NICOLA WARD/NICK SWETTENHAM/PHIL CAVELL/7BY7/KYLE BJART/DJ MIKE-L /CHRIS SINGLETON/LEESUN/SAI MURRAY/BORIS CRUISE/CLIVE STEPHENSON/ONE TONIC/ALAN GUNN/MARKIE/CHRISAL/CLUSTER

SUPPORT FOR HEALTH AND WELLBEING WITH LEEDS LIBRARIES

- High quality community library spaces
- High quality information – Reading Well collections
- Access to programmes of events and activity





INTRODUCING OUR WELLBEING PODS



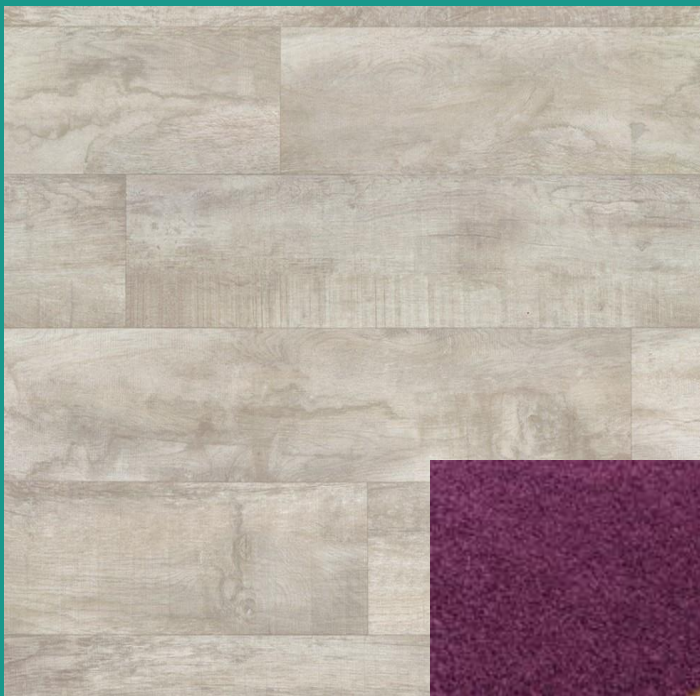
DESIGN PRINCIPLES

- Friendly and not institutional
- Comfortable and relaxing
- Private and safe
- Soft, calm colour palette



- Practical for staff to do what they need
- Space for required equipment and also for books, leaflets and activity board for toddlers
- Able to be flipped for different uses – health consultation, health examination, other one-to-ones requiring privacy

Practical vinyl flooring with oak plank look softened with shaggy anti-slip rug



Seat is upright and has arms but is also relaxing. Upholstered in antimicrobial, waterproof, stain resistant fabric with warm gold pattern on back and sides and charcoal/citrus weave on seat.



COLOUR PALETTE



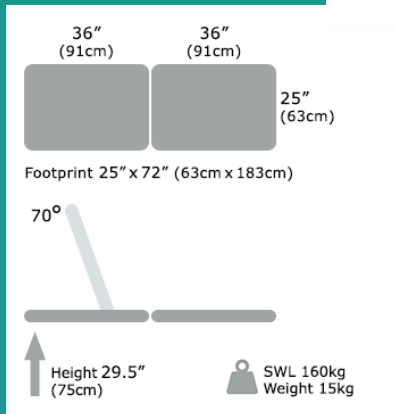
Examination table in mauve check vinyl



Tables in oak and white



Portable examination couch, mobile sink, medical trolley and waste bin specified by Julie Holmes, Matron for Community Midwifery



RESOURCES

Books about health and books to relax



Tidy leaflet board

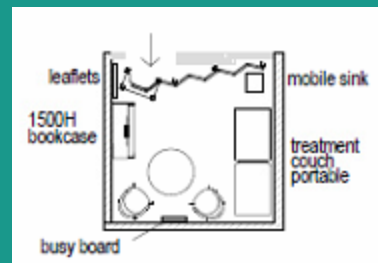
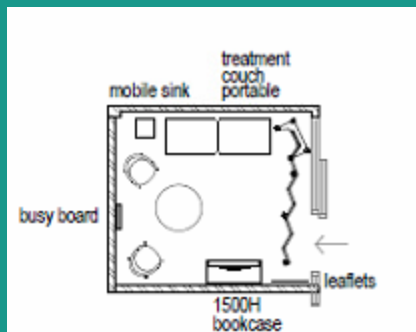
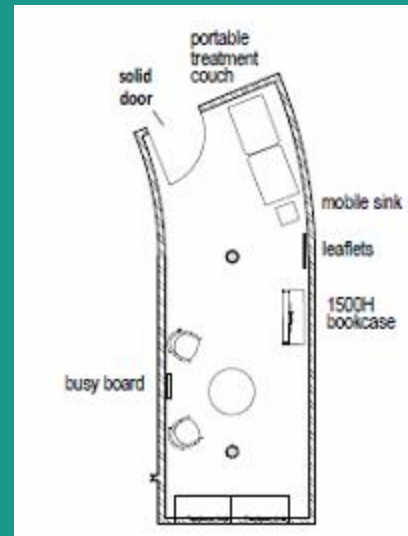
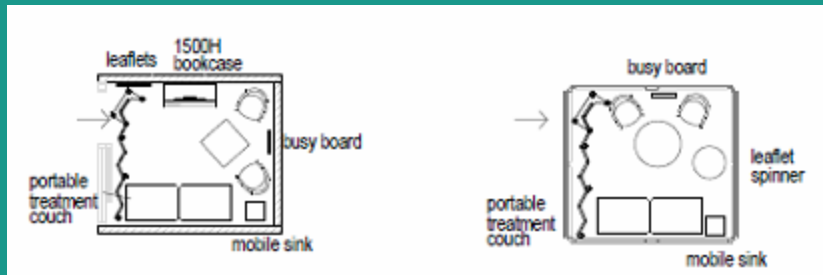
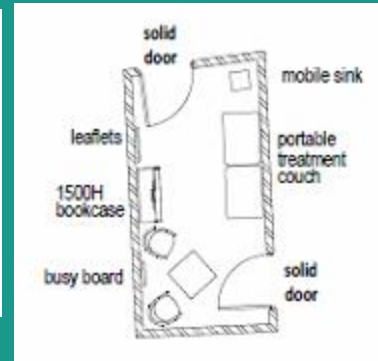
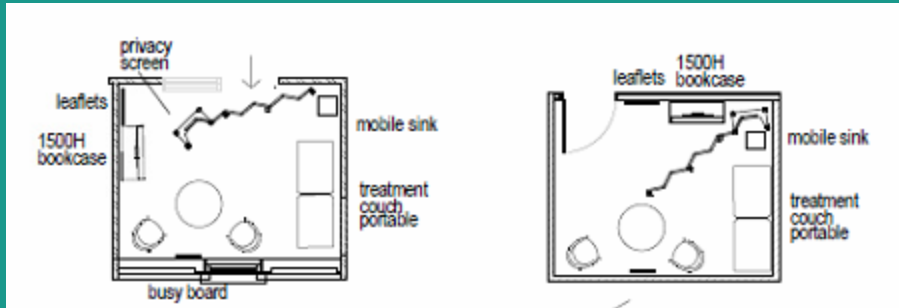
PRIVACY

Portable
screen



Manifestation to
glazing

Each space individually designed



Armley
Compton
Headingley
Holt Park
Hunslet
Reginald
Middleton
Seacroft

FUNDING & GOVERNANCE



discover
wellbeing

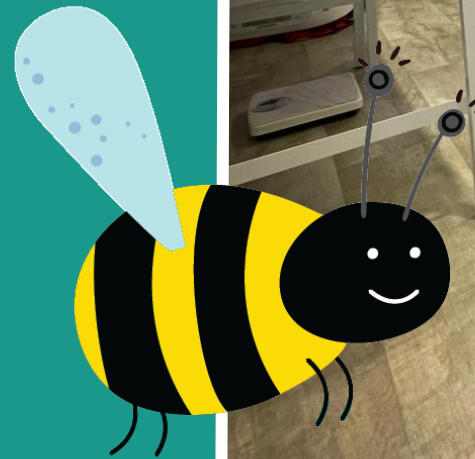
The text is surrounded by various decorative elements: a large cartoon bee with a speech bubble, a smaller bee, a snail, a butterfly, and several colorful flowers. The background is a light yellow with a dashed line pattern on the right side.


SERVICE USERS

Maternity population

- Midwives
- Perinatal
- Smoking cessation

Dieticians
Leeds Mental
Wellbeing Service





"Libraries are vital community hubs - bringing people together and giving them access to the services and support they need to help them live better - Library Taskforce

WELLBEING AT THE HEART OF WHAT WE DO

- Use of welcoming library spaces for the delivery of clinical services which benefit from a community-based service delivery model
- Connection with relevant library offers which support maternal mental health and wellbeing and early speech, language and communication



LINK TO WIDER LIBRARY OFFERS

- Babies and pre-school children
- Health information and wellbeing activity
- Digital support
- Digital Health Hubs



WHAT DO PARTNERS AND SERVICE USERS SAY?

Julie Holmes, Matron for Community Midwifery

Paula Garrigan, Clinical Operational Manager, Perinatal Mental Health

Riddhi Desai, Dietician PCN



BACKGROUND

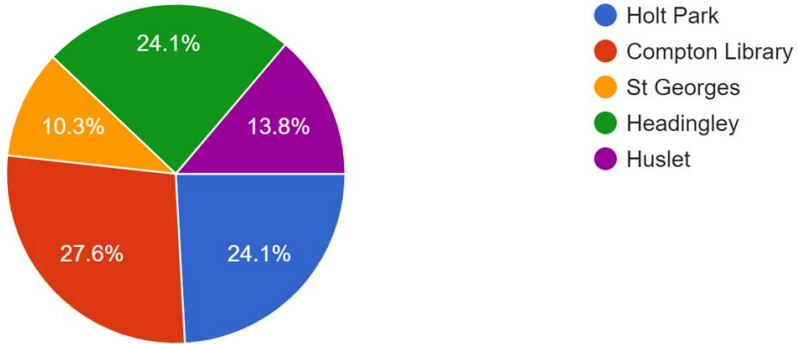
- In Leeds our traditional model of community care is provided by LTH community midwives, with the majority working out of GP surgeries.
- We work out of approximately 80 GP surgeries, 8 Health Centres and around 5 Children Centres.
- With increasing pressure on primary care estates, the ask from some of the surgeries were for maternity services to vacate the clinical rooms that we regularly use.
- Around January 2022 we came together as a group to progress the idea of community hubs as a solution to the growing estates issue and to foster greater collaborative working:
 - LTH
 - CCG (now ICB)
 - Primary Care
 - Library Services (LCC)

The result was the launch of 8 wellbeing hubs situated in libraries around Leeds, used by multiple services, reaching out to our local communities.

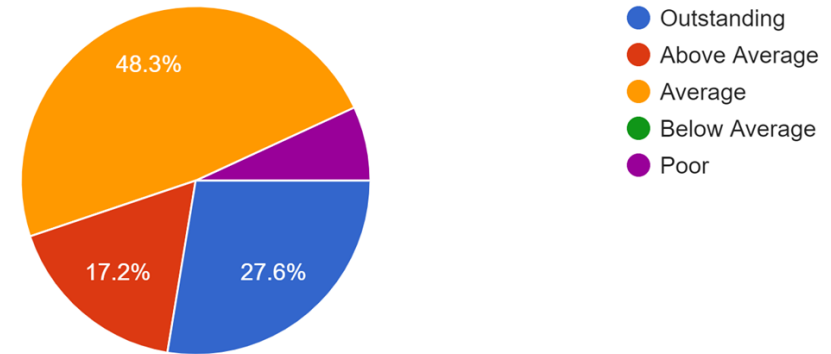


SERVICE USER AUDIT FINDINGS

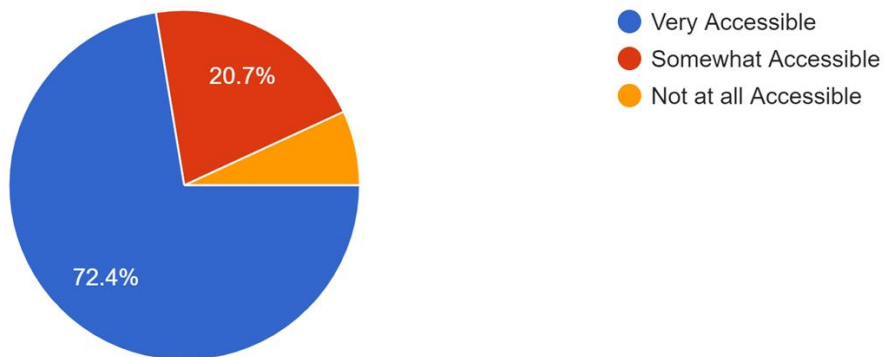
Which Hub did you attend?



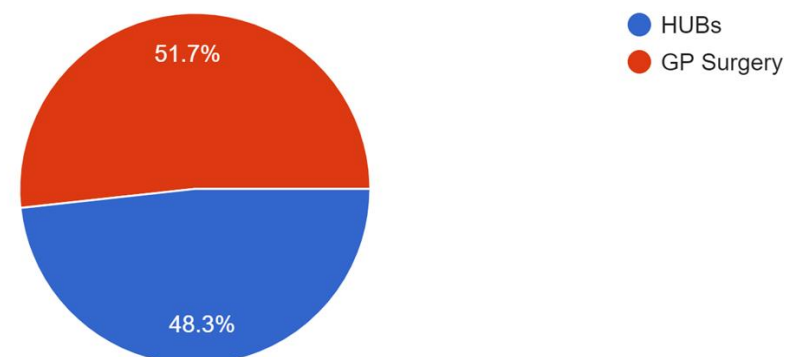
How did you find the facilities you attended?



How accessible do you find the Hub?



Do you prefer attending the HUBs or GP surgery?



FEEDBACK SERVICE USER

Happy to use
both hub or gp
surgery

Services and
facilities at
the hub are
brilliant

Very easy to
get to the hub
and less
people
waiting than a
gp surgery

The room is
very spacious
and private

Nice little place
😊

Is better
and closer
to her
home than
gp surgery

loves going to the
hub as it is more
private and I wont
run into anyone
familiar

Room too small

Struggle to
find parking at
the hub

gp surgery has
better medical
facilities

Room was clean but is
not comfortable due to
its size

Room very small
with no windows
and it gets very
warm

What our staff think



Library staff
are so friendly
and helpful

It has a real
community
feel about it

They come with their
family, its great because
they can go into the library
and entertain the children,
find out about other
services and toddler
groups

Relaxed
atmosphere



and finally..

- As a result of our midwives been able to move their clinics into these hubs it has enabled us to free up clinical space in 9 GP surgeries and health centres.
- We would like to take this opportunity to say a massive thank you to Andrea and her team at LCC, ICB and primary care who made this all possible. I look forward to continuing this working relationship.



Who we
are and
what we
do.

Who we are and what we do

- ▶ We are a service that provides specialist support to women experiencing mental health difficulties during pregnancy and following a child's birth of up to 2 yrs.
- ▶ We work with key partners in the city and the wider Yorkshire and Humber network...just to name a few, maternity, 0-19 teams, Leeds Wellbeing Service...
- ▶ Once someone has been referred to the team a full assessment of the individual's needs is completed. The outcome of this may be to spend some time with our service, work in partnership with other key services or possibly refer for care external to us. Sometimes we may do all of the above.
- ▶ 'We provide support from a multi-disciplinary team including psychiatrists, nurses, Social workers, Occupational Therapists, Psychologists and CBT therapists.

Who we are and what we do....

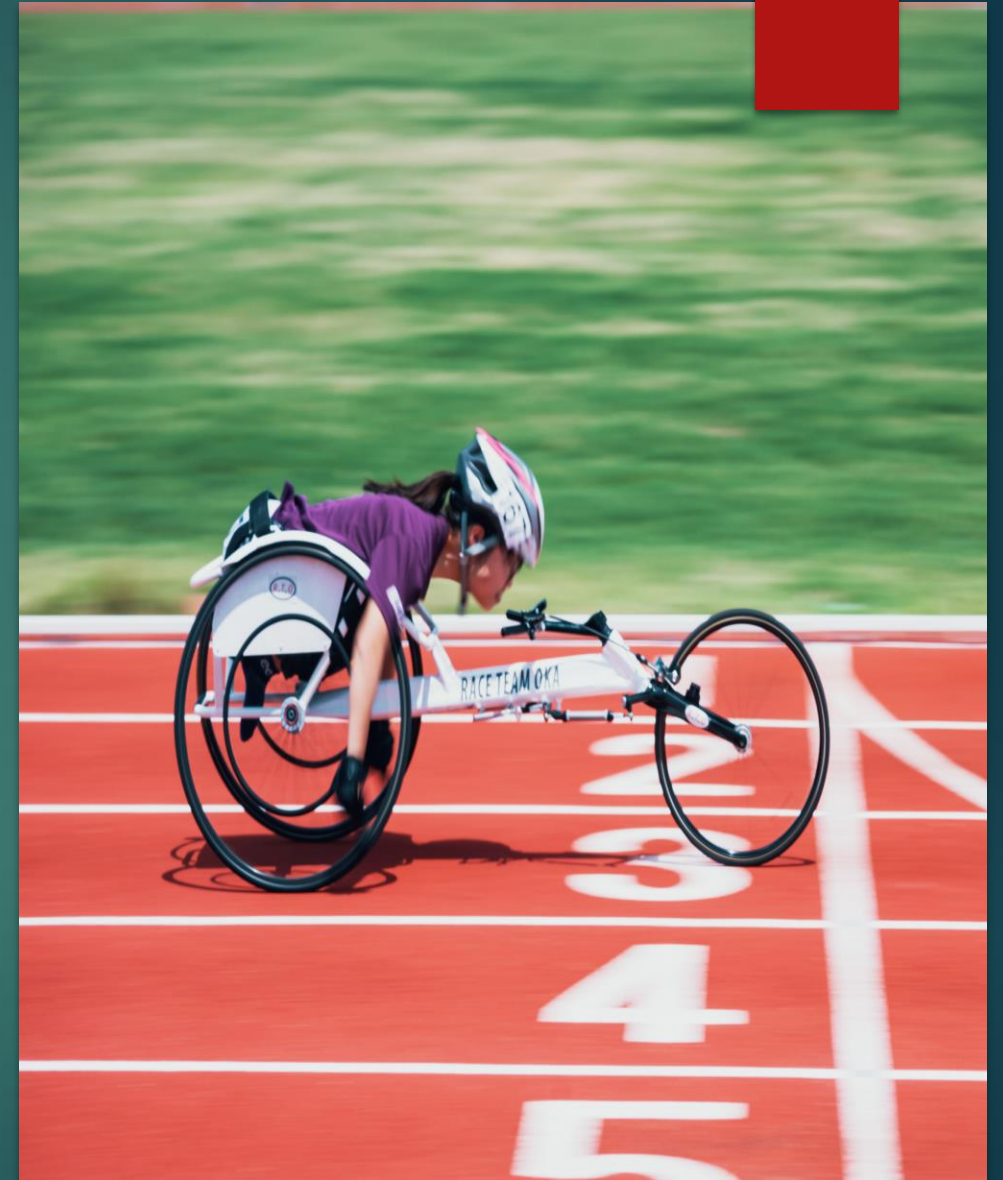
- ▶ We offer a range of treatments and interventions -
- ▶ preconception counselling
- ▶ specialist advice on risks and benefits of medication in pregnancy and breastfeeding
- ▶ nursery nurse sessions including baby massage and sensory play
- ▶ mother infant interventions to improve attachment and communication
- ▶ group work
- ▶ peer support
- ▶ partner support
- ▶ young carers' support, and
- ▶ psychological therapies such as CBT and family therapy

Long Term Ambitions

- ▶ A key ambition for Perinatal Services is to offer those interventions highlighted on the previous slide to more women and families.
- ▶ Reach those mums that would benefit from our service but we are still not accessible to.
- ▶ To save lives .
- ▶ Important to mention the long term outcome: of supporting women with mental health in the perinatal period, helps to improve a range of outcomes for their infants as they grow up.

MMBRace- (2022)

<https://www.npeu.ox.ac.uk/mbrace-uk/reports>



The challenges



In order to be able to achieve the ambition of increasing access, supporting and providing more therapy to more mums, support to partners and families we needed

Clinicians to do this

Venue space.

Somewhere that's citywide

Somewhere accessible



Then! A
relationship
was born!

Wellbeing Pods

As if by magic!!! The Wellbeing Pods were created and even better the priority was for Maternity and Perinatal Services!

These were going to be in local libraries and.....

They were city wide

Andeven better they were accessible by public transport and some even have car parks and a mini café!!!!



So what do Clinicians and Service users say....



The pod at Headingley library is bright and welcoming there are a good selection of books available.



I think it is a good space for information giving, and by being in the library service users can get information about a range of services, from housing to benefits.



"We really liked the POD found it very comfortable and inviting. It was very bright and airy"

Feedback continued.

It provides an accessible, community venue, reduces stigma of medical centres.



Many of my families do not want to have therapy at the Mount or LGI due to traumatic memories of birth or reminds them of time on the MBU when they were in crisis.



Gives a variety of locations all accessible for buggies with facilities onsite for nappy changing, community services like library, job club extra.

My summing up

- ▶ So this is just the start of this partnership. Its been great to work collaboratively and share ideas as to how to best use these spaces.
- ▶ Having this shared space helps with networking, and co working especially within a time of increased use of remote platforms.
- ▶ More importantly it helps us to be visible ,being in the heart of communities.

MY ROLE :

Recently started a new role as a PCN gastro dietitian, still new to the role .

Have been using couple of wellbeing pods for my clinics: Holt Park library and Headingley library pod.

Very new setting for me in the beginning as always worked in a clinical spaces / places. However started liking them as they are nicely set-up.

POSITIVES :



Set up in libraries therefore feeling of safety and surrounded by other staff rather than working in isolation.



Both library staff members are very helpful and welcoming.



In early days of my role when clinics were not well populated, opportunity to become a library member; able to borrow and read relevant books to help with my practice.



Most of the time enough space for a professional and patient and sometimes a carer.



Positive feedback from patients and colleagues.

SOME NOT SO POSITIVES RATHER THAN NEGATIVES :



Sometimes particular pods are not kept very clean, not always though.



Initial few weeks teething problems of starting clinics on time as library opens at 9 and clinic also starts at 9, however that has been better as staff are familiar with me and let me in 10 minutes earlier to set up my clinic.



Sometimes in warm weather more people (e.g. 3 people) in a small room could be little bit uncomfortable, however fans are provided which is great.



Timing of last appointment and library closing time.

FEEDBACK FROM COLLEAGUES:

Feedback from one of the HWBC:
"It works well for appointments, I think. No issues to report, space is comfortable for patients and easy to access and patients can wait comfortably in the library before their appointments. Staff at the library are kind and helpful."

Feedback from the colleague dietitian : "Works out well, comfortable to see patients and relaxing environment for the patients"

FEEDBACK FROM PATIENTS:



I have started asking most of my patients about the pods.



Very positive feedback from most of them.



Some common quotes :



"I like here as does not feel clinical as I do not like to go to GP surgeries as environment makes me anxious"



"I like to wait here before the appointment and good to use library for some reading after the appointment "



"It's lovely here and easy to find and park" (Holt Park library)



"Relaxing and calm environment for the appointments"

NEXT STEPS: EVALUATION

DR CAMILLA NYKJAER, UNIVERSITY OF LEEDS



EVALUATION

Camilla Nykjaer

Lecturer in Nutrition, Physical Activity and Public Health

Linda McGowan

Professor of Applied Health Research, School of Healthcare



UNIVERSITY OF LEEDS

SCHOOL OF BIOMEDICAL SCIENCES

FACULTY OF BIOLOGICAL SCIENCES

Are Leeds library Wellbeing Pods effective in enabling and facilitating maternity care?

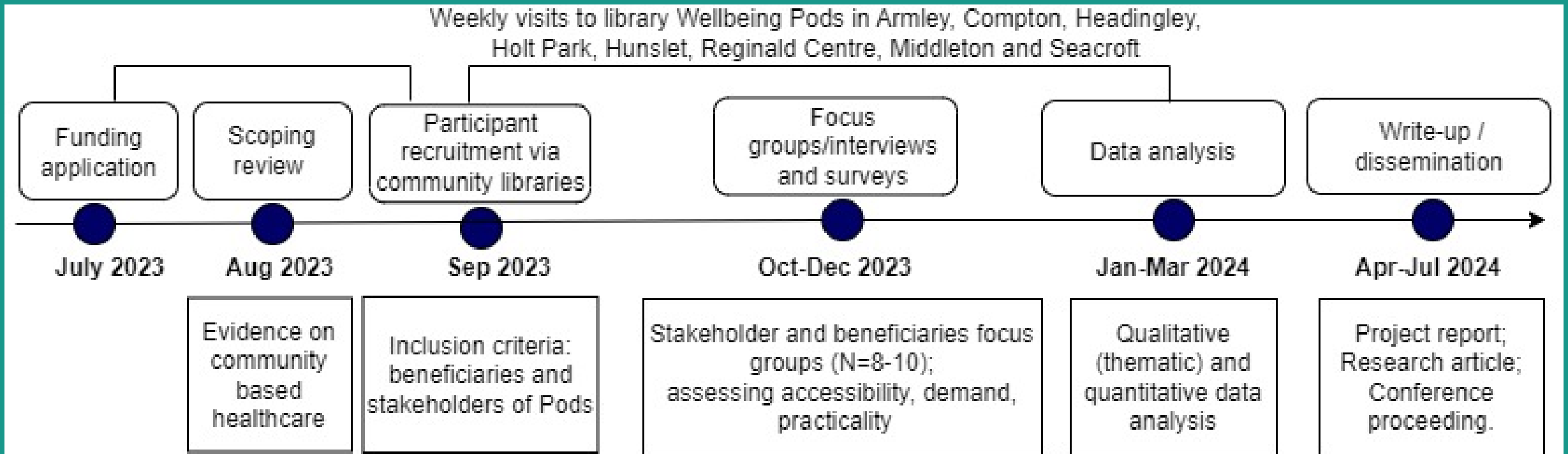
Aims:

1. Map current literature on healthcare delivery via community hubs/libraries and identify key thematic areas.
2. Capture key stakeholders' and beneficiaries' perspectives of the pods (e.g. pregnant women, new mothers, midwives, health visitors, library staff).
3. Conduct a comparative analysis of 2 and 3 and identify links between them to propose future priorities for research and best practice.

SCHOOL OF BIOMEDICAL SCIENCES

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Methods



Mixed-method approach to data collection using focus groups/interviews and questionnaires.

SCHOOL OF BIOMEDICAL SCIENCES

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Thank you for listening 😊

Camilla Nykjaer
c.nykjaer@leeds.ac.uk

WELLBEING PODS CELEBRATION EVENT



Hunslet Library, 21st July 2023, 10:30-1:30

Join us for a celebration event following the launch of Wellbeing Pods in 8 locations in Leeds.

- Guest speakers discussing the importance of healthcare in the community
- Opportunities to find out more about the Pods and how they can be used (including a tour)
- Opportunities to share learning
- Refreshments provided!

Register interest using the QR code below

Accessibility information can be found at:
<https://www.leeds.gov.uk/community-hubs/hunslet>



PHONE
0113 378 1875



ADDRESS
Hunslet Library, Waterloo St,
Hunslet, Leeds LS10 2NS



EMAIL
leedslibraries@leeds.gov.uk



ANY QUESTIONS?

Contact...

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Eloise Pearson: eloise.pearson1@nhs.net





With special thanks to...

Liz Wigley (Head of Commissioning, Maternity, Children & Women's, Bolton ICB)
Eloise Person (Senior Pathway Integration Manager, Leeds ICB)
Nikki Stanton (Senior Pathway Integration Manager, Leeds ICB)
Kirsty Turner (Associate Director for Primary Care, Leeds ICB)
Vicky Womack (Head of PCN Development, Leeds ICB)
Julie Holmes (Matron for Community Midwifery, LTHT)
Juliana Duodu (Clinical Lead, Maternity Leeds ICB)
Rachel Van Riel (Director, Opening the Book)

