

# West Trafford Neighbourhood.

Our Neighbourhood Plan 2023/2024

## About our Neighbourhood



Around 52,000 people live here across 5 wards. It has a higher proportion of 65+ year olds and care homes compared to the rest of Trafford.



Much of the area has large health inequalities, especially the towns of Carrington and Partington. The area has the highest proportion of cardiovascular (heart or circulation) disease in Trafford.



Most communities have strong networks and there is a vibrant voluntary and faith sector.



The area is surrounded by green spaces and countryside. Trafford General, the first ever NHS hospital, is in the area.



An area of mixed affluence. In the north are Flixton and Urmston. They are well connected to other parts of Trafford. Residents of Partington in the south, have bigger barriers around travel and access.



## About our approach

### Who we are

Trafford Local Care Organisation is a pioneering public sector organisation that provides your NHS community health services and adult social care in Trafford. We are part of the NHS and the local authority.

We take a neighbourhood approach to health and wellbeing as we know that it's better for people when we plan and deliver services as close to home as possible. By dividing Trafford into four neighbourhoods, it helps us understand the strengths and needs that are distinct to each.

We work with the local community to make their neighbourhood a healthier place to live, and with local services to join up care so that it better meets the needs of individuals.

### How this plan was put together

This plan was developed by local stakeholders across the West Neighbourhood. Four workshops were held in 2022/23 and facilitated by the West Community Collective Hub. Workshops were attended by staff from local services, volunteers and residents who talked about their own experiences. Local data from Neighbourhood profiles helped people to consider priorities.

### How our plan will help

Our first Neighbourhood Plan contains four priority themes of work. Over the coming months we will work with partners to produce more specific work plans under each theme. The Plan will be refreshed every 12-months and will help us

- Focus on common priorities,
- Mobilise action across local networks,
- Draw resource into the West Neighbourhood,
- Give us a baseline to measure success against,
- Be one of the ways we engage local people.

## Our approach in action



Urmston Hub Social developed when local people wanted to meet-up and make new friends over lunch. The weekly Social is supported by Volunteers. Although speakers are organised, the best relationships happen by staff from other services coming and chatting over coffee.

Fred, one of the attendees says, "*it became a real lifeline for me after my wife died.*" The Social is regularly attended by 30-40 people each week



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## We will help people move more

As well as targeting high levels of heart and circulation disease, we want to help connect people, improve active travel and increase good mental health.

There are many local assets that can help with our plan to increase movement. The Neighbourhood has community leisure facilities, groups who promote activity and lots of green spaces. Plans to redevelop leisure centres will give people an opportunity to describe what they need.

We will work with people across their lives to help them become active at different times. We will

- Help people get involved in opportunities to improve local leisure centers and interventions.
- Use Long Term Condition Prevention funding to support VCFSE organisations to deliver work.
- Work with Public Health and VCFSE partners to identify Neighbourhood priorities.



## We will widen access to a healthy diet

Our local data shows we have high levels of overweight and obesity across the Neighbourhood. Some areas also have a high level of conditions that are influenced by poor diet. But people told us that their ability to eat healthily is affected by things like

- Transport (accessibility),
- Finances and cost of living (affordability)
- Knowledge or cooking skills (awareness).

We will deliver a diverse range of approaches to help people access a healthy diet. We will

- Share good practice
- Use Long Term Condition Prevention funding to support VCFSE organisations to plan and deliver work.
- Work with West Primary Care Network Dieticians.
- Work with local community organisations to help create community food spaces and initiatives.



## We will help services to engage with local people better

The Plan is part of our efforts to increase social capital (neighbourliness) in communities. We want to help build hopes and ambitions.

The Neighbourhood Network will coordinate planning and delivery with local communities and services. We will improve communication between us, be more accountable, and put working with communities at the center of all we do.

We will:

- Refresh the Plan every year with as many people as possible.
- Produce a Neighbourhood Communications and Engagement Strategy.
- Embed the Community Engagement and Care Navigator roles within our Neighbourhood Team.
- Work with others to develop volunteering plans and ways to increase public involvement.
- Amplify public health campaigns across the Neighbourhood.



## We will improve the early start opportunities for young boys.

We know that in parts of our Neighbourhood there is a disadvantage gap for boys in particular.

We will work with school staff, Health Visitors, colleagues from support services and the VCFSE sector to:

- Identify those educational, health and well-being interventions that can help boys.
- Make links with the schools in our Neighbourhood.
- Work with the West Primary Care Network Focused Care Worker and the Children's and Young Persons Social Prescriber.
- Involve ourselves in the discussions and plans around 'Family Hubs' to align opportunities with the Neighbourhood Programme.

## Your Neighbourhood Leadership Team



**Adrian Smith**  
Neighbourhood  
Lead (West)



**Ben Jewell**  
Public Health  
Lead (West)



**Tracey Chapman**  
District Nurse  
Team Leader  
(West)



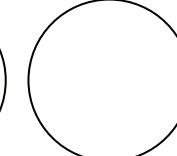
**Clea Uppiah**  
Service Manager  
/ Social Care  
Lead (West)



**Karen Glendinning**  
West Collective  
& Voluntary,  
Community,  
Faith & Social  
Enterprise Lead  
(West)



**Jane Wareing**  
West Trafford  
Primary Care  
Network / GP  
Lead (West)



**To be confirmed**  
Mental Health  
Lead

## Contact us or get involved:



[www.traffordlco.org](http://www.traffordlco.org)



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## We're also working in partnership on a range of priorities that will benefit the neighbourhood

**1** Support the development and roll-out of Population Health Management

**2** Develop a person centered, community-based approach to service.

**3** Further integrate adult social care and support for older people.

**4** Align Integrated Neighbourhood Teams, Primary Care Network workforce and organisation development plans

**5** Embed the role of the VCFSE sector in the delivery of services..

These are areas of work that are taking place across the borough in all 4 of our neighbourhoods.

## What your Integrated Neighbourhood Team does

The **West Integrated Neighbourhood Team** is led by Trafford Local Care Organisation. Integrated Neighbourhood Teams deliver core services including District Nursing and Adult Social Care.

By working in Integrated Neighbourhood Teams, we can provide services that are tailored to local needs, and we can deliver care that is more joined-up. This is important as different Neighbourhoods have different requirements.

The Integrated Neighbourhood Team will work closely with GPs and build up links with others like housing teams, the Voluntary, Community and Faith Sector or mental health workers. The integrated approach means everyone is working together around the needs of the Neighbourhood. At the centre of it all, are our communities.

To help deliver and make this Neighbourhood Plan 'everyone's business', we will facilitate a **West Neighbourhood Network**.

What this all means is better health and wellbeing for people. Fewer people will need health or care services or have to go into hospital.

