



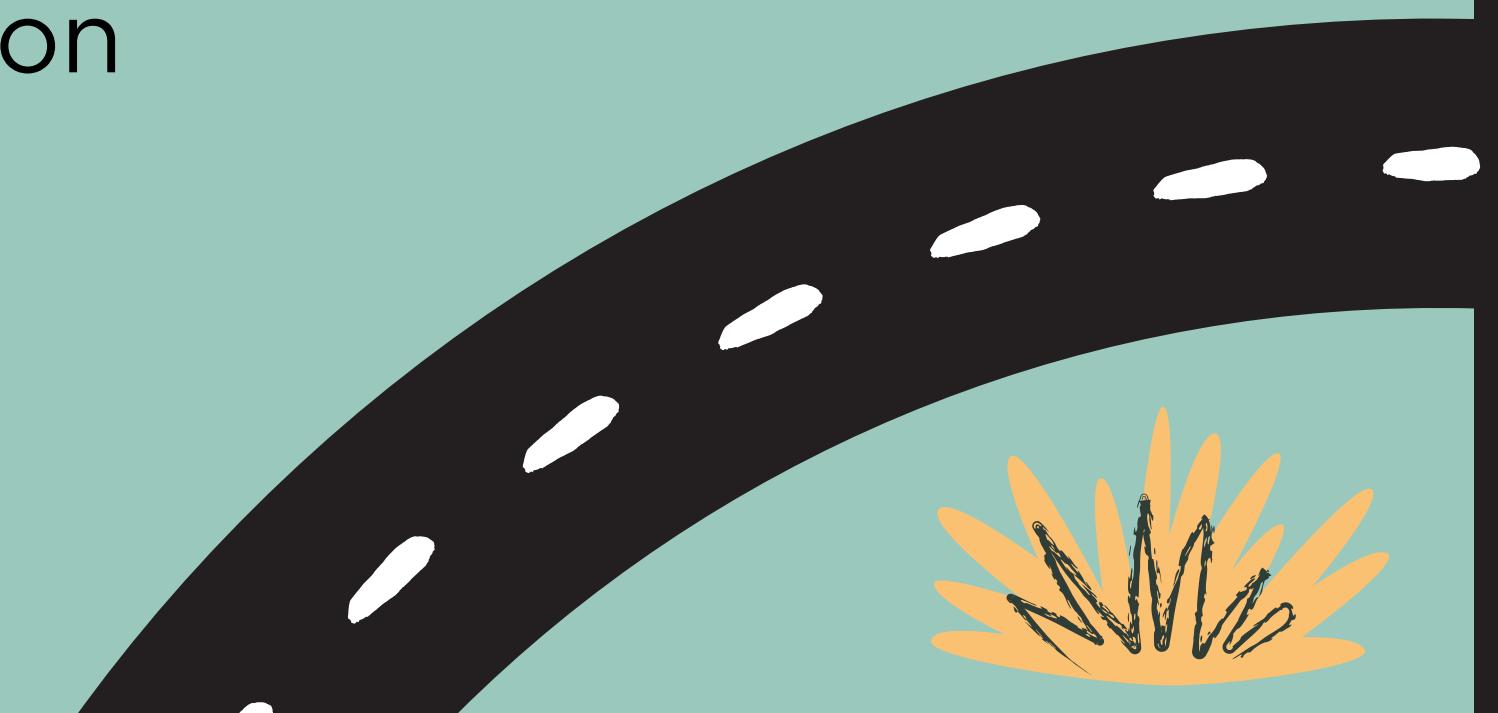
COTGRAVE INTEGRATED NEIGHBOURHOOD WORKING



PRIORITIES FOR COTGRAVE

Based on feedback from the SN INW and Cotgrave INW events, plus our data, the following priorities were identified:

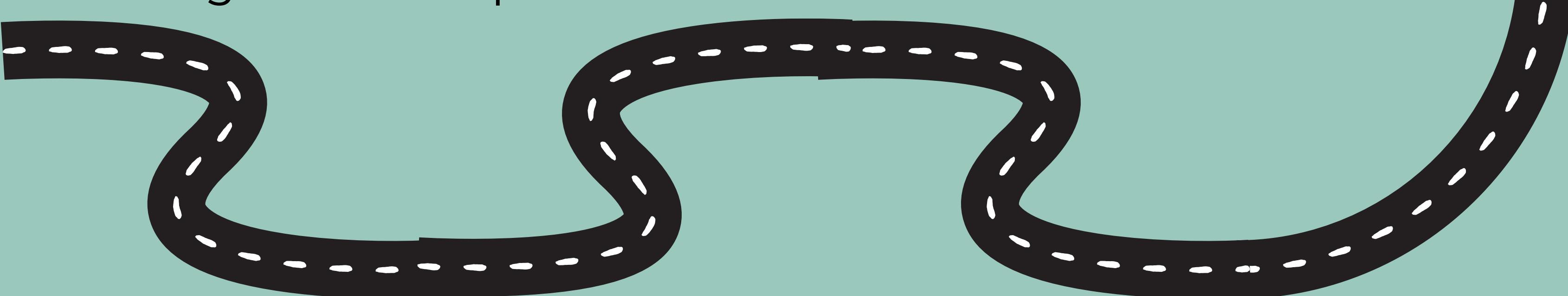
- 1) Better joint working between stakeholders
- 2) Child obesity
- 3) Antisocial behaviour among children and young people
- 4) Community communication
- 5) Cardiovascular health



BUILDING AND SUPPORTING STRONG WORKING RELATIONS

With no existing working groups in Cotgrave, we got to work meeting partners, providers, stakeholders and community groups.

Since November 2023, when we launched the Cotgrave Local Design Team, we have grown to over 100+ people who are living and working in Cotgrave to create strong, supportive working relationships.





**THE LOCAL DESIGN
TEAM INVOLVES MORE
THAN 120 PEOPLE
FROM 50 DIFFERENT
ORGANISATIONS!**



Candleby Lane and Cotgrave CofE Primary School

**NCC Neuro Development
Support Team**



**ADHD
Commissioners**



**Children's Centre
(Family Hub)**



GP Practice



**School Nursing
Team**



**Dr Blandine French
specialises in ADHD
research and has also
developed a training
programme for GPs in
ADHD awareness/training.**

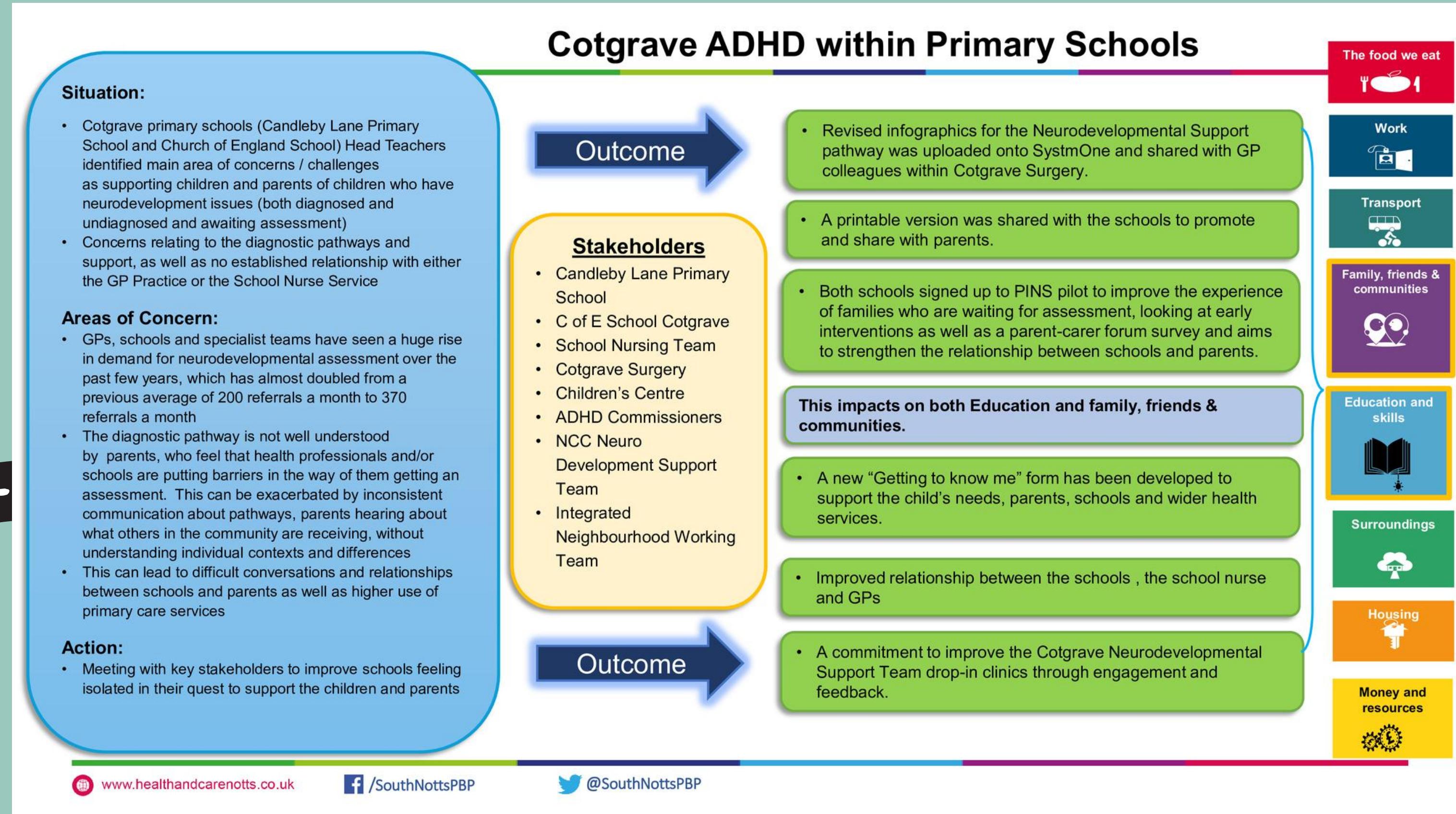
Integrated Neighbourhood Team

Two of the Primary Schools in Cotgrave felt isolated when it came to supporting children and their families awaiting an ADHD diagnosis.

We arranged two meetings that both schools were present at with key partners to try and ensure the schools felt better supported.

Both meetings were beneficial and the schools felt like they had the right links to people they could reach out to moving forward.

COTGRAVE ADHD WITHIN PRIMARY SCHOOLS



Resident Support Services

Cotgrave Advice Service
Drop In
(All Saint's Church)

Working Well East
Midlands

Five Counties Green Doctor

Citizens Advice Bureau
Advice on Prescription
Service

Integrated Neighbourhood Team

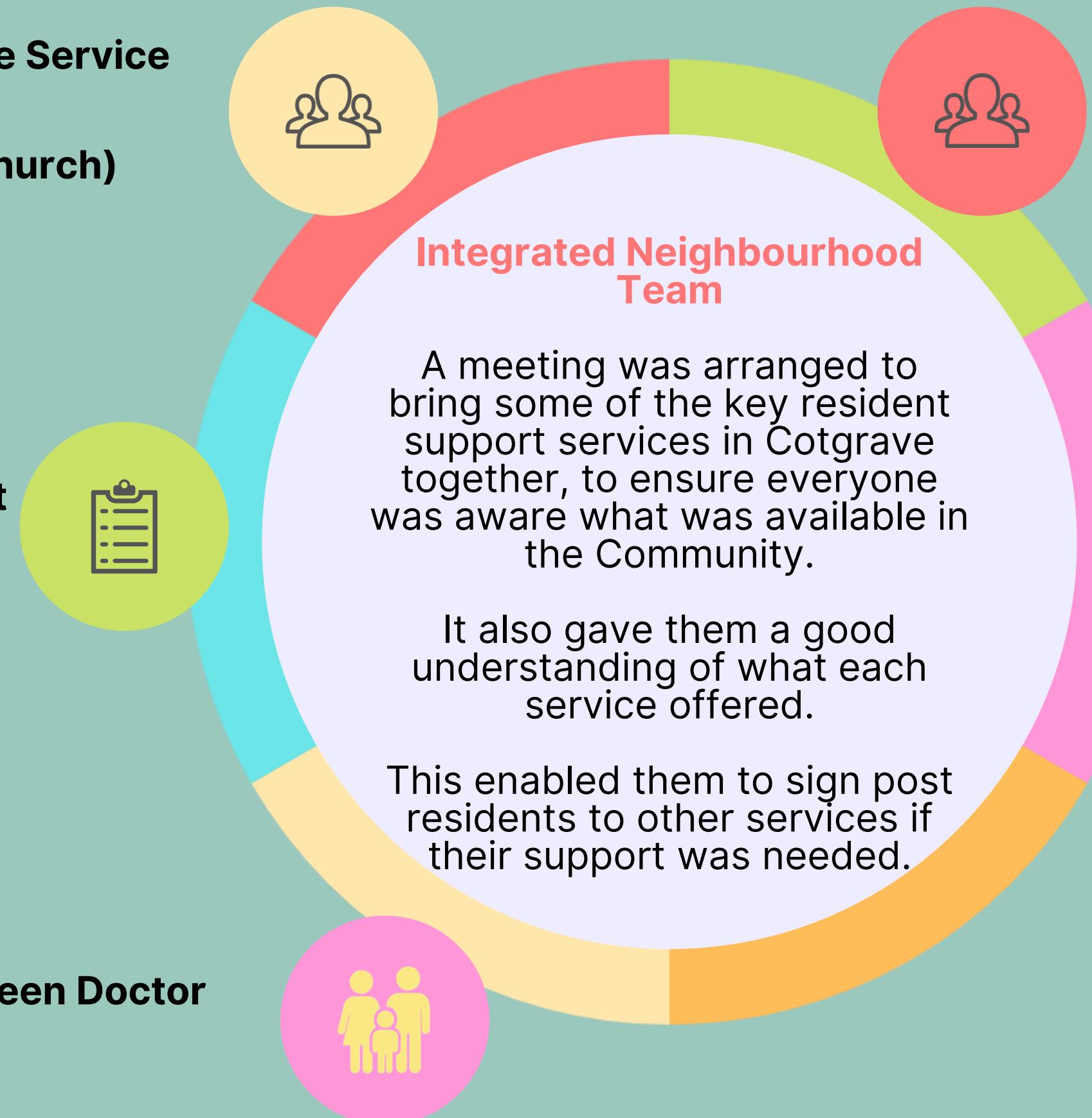
A meeting was arranged to bring some of the key resident support services in Cotgrave together, to ensure everyone was aware what was available in the Community.

It also gave them a good understanding of what each service offered.

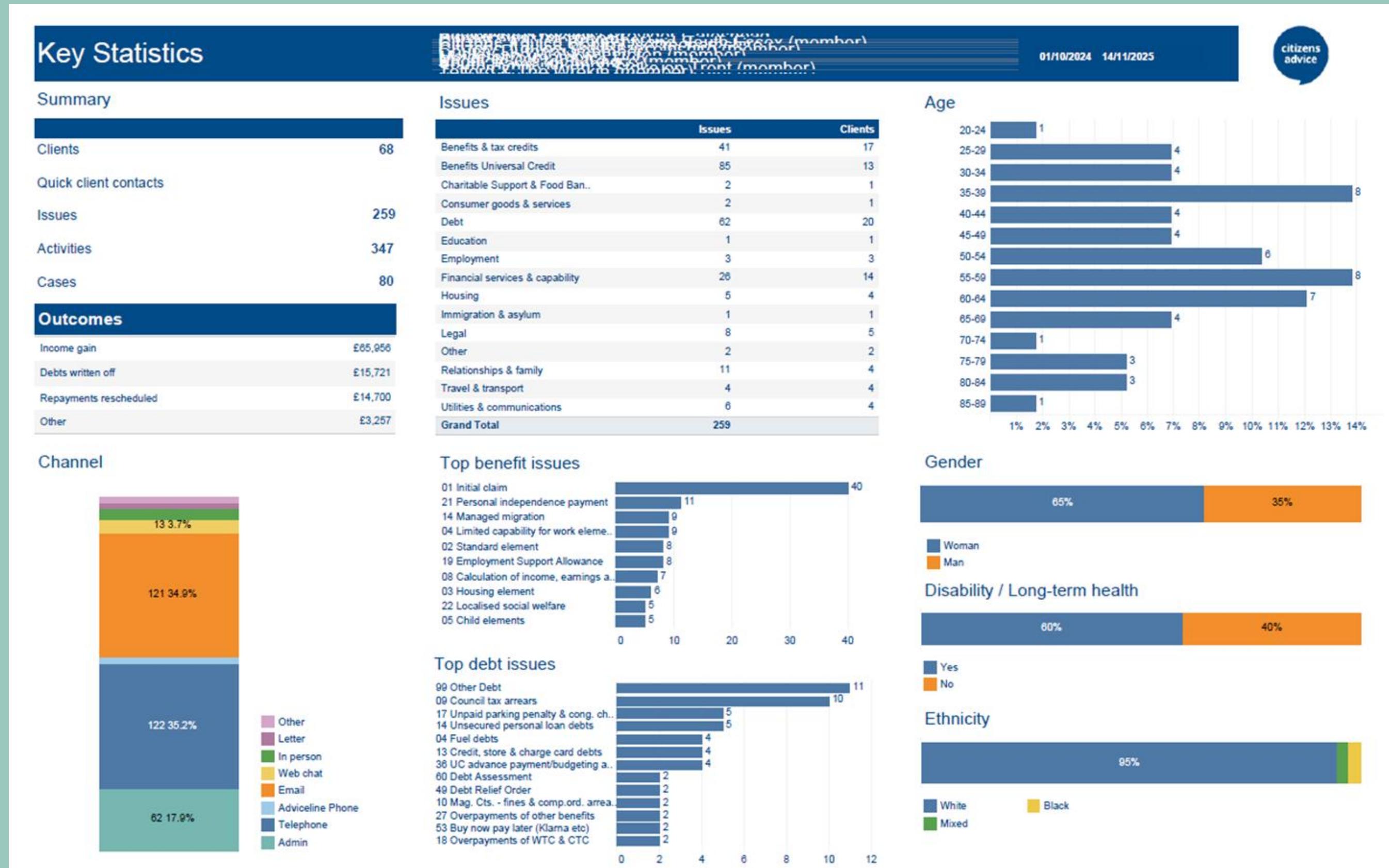
This enabled them to sign post residents to other services if their support was needed.

With funding support, the Citizens Advice Bureau ran Advice on Prescription in Cotgrave, with both in-person and phone appointments.

Turn the page for a case study showing what this looked like in practice.



CITIZENS ADVICE BUREAU – COTGRAVE SPECIFIC ADVICE ON PRESCRIPTION SERVICE



This data relates to all Cotgrave residents who received support from the Citizens Advice Bureau, Advice on Prescription Service which was funded for a year as part of the Integrated Neighbourhood Work.

CASE STUDY

Client and daughter rent a two-bed bungalow from a housing association. Client has long-term health issues and is a British national. She left her 33-hour job due to ill health; daughter studies full-time. No debts.

She asked for a benefit check and whether to claim Employment and Support Allowance or Universal Credit. She was refused Personal Independence Payment eight years ago.



Actions

- Benefit check completed
- Eligible for New Style Employment and Support Allowance and Universal Credit (can claim both)
 - Explained NI credits, housing element and non-dependant rules
- Covered Personal Independence Payment criteria and claim steps
 - Advised Council Tax Reduction and backdating

Results

- Started Personal Independence Payment claim with support on PIP2
- Applied for Universal Credit, New Style Employment and Support Allowance and Council Tax Reduction
 - Awaiting first payments; finances will improve

Working Together

We work together with clear, shared goals, meeting regularly to stay focused, connect our efforts, and communicate openly so that we bring the right people together, avoid duplication, and turn ideas into real action for our community of young people.

Cotgrave Young Persons Group

The group's top concerns focused on strengthening the voice of young people in decision-making, improving access to diverse and affordable activities, increasing youth service provision and school connections, involving parents more, tackling anti-social behaviour, lowering child obesity and exploring joint funding opportunities.

In Cotgrave, there is clear local commitment and collaboration, with key partners - including Pythian Club CIC, Trent Bridge Community Trust and Cotgrave Leisure Centre - working collectively to identify community priorities and enhance opportunities for young people.

The Cotgrave Children & Young Persons Group came together to create an inclusive, well-resourced, and collaborative network of opportunities, services, and activities in Cotgrave that reflect local needs, amplify young people's voices, and improve their health, wellbeing, and long-term outcomes.

What Young People are saying

We held an engagement event with 40 Young People to discuss what they want.

They told us Young people want more opportunities to be heard and involved, better access to varied activities and facilities beyond school hours, stronger collaboration between services, schools, and parents, and increased funding and volunteers to create inclusive spaces and experiences for all.

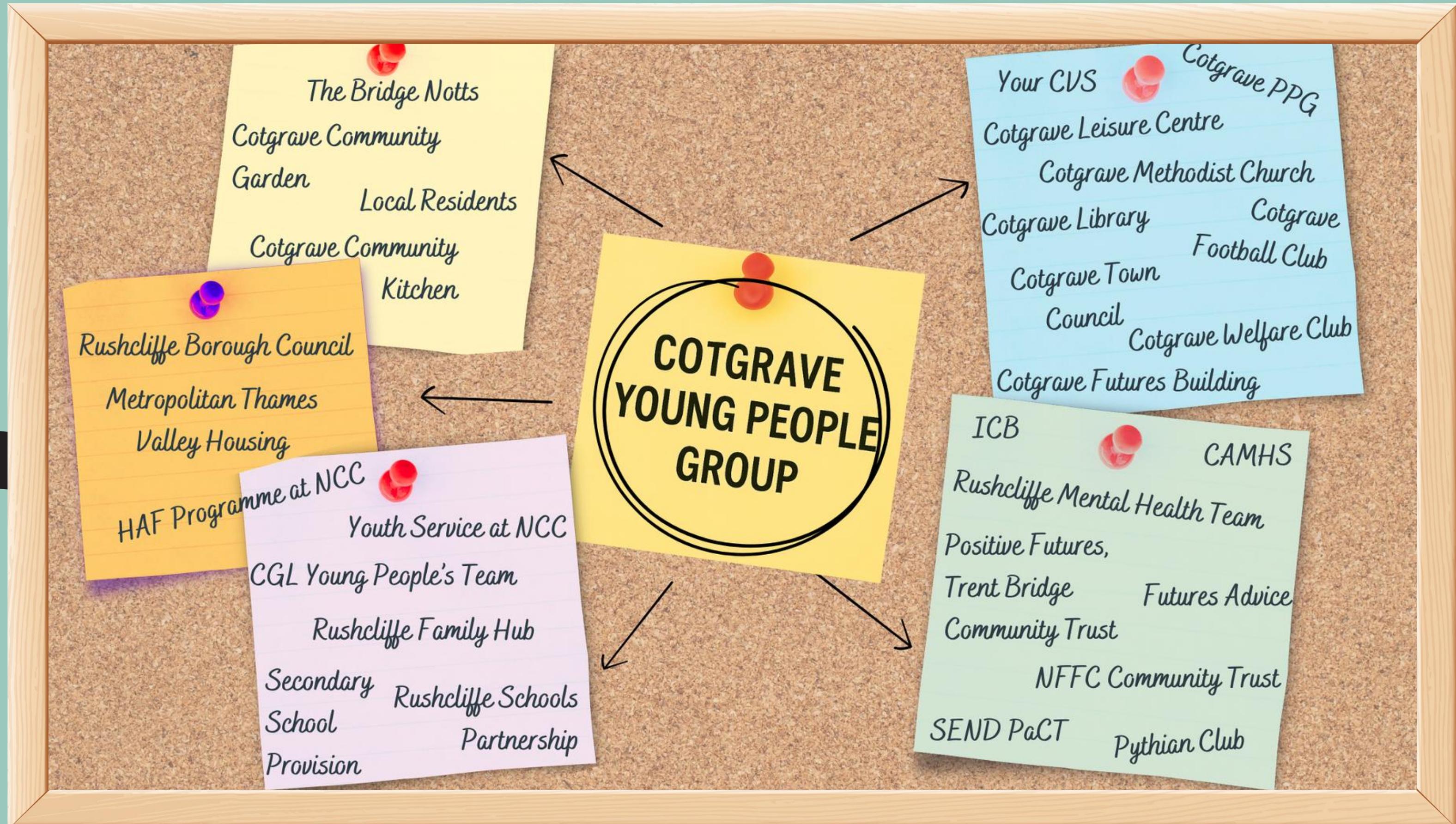
What have we done to support them?

Together we have offered a range of activities throughout the half-term school holidays for young people aged between toddler - 17 years old. Working together with local partners, volunteers and businesses we have put on activities that help young people improve their social skills, eat healthier, exercise and most importantly have fun!

Next Steps

The sub-group have been meeting for a year now and at our next meeting, we will carry out our annual review of the objectives and aims of the group and confirm the themes under 'Working Well,' 'Better If,' and 'Gaps in Provision,' so we can agree on the specific actions for the group members to take forward.

CHILDREN & YOUNG PERSONS KEY WORKING PARTNERS



SOME OF THE SCHOOL HOLIDAYS ACTIVITIES DELIVERED IN COTGRAVE

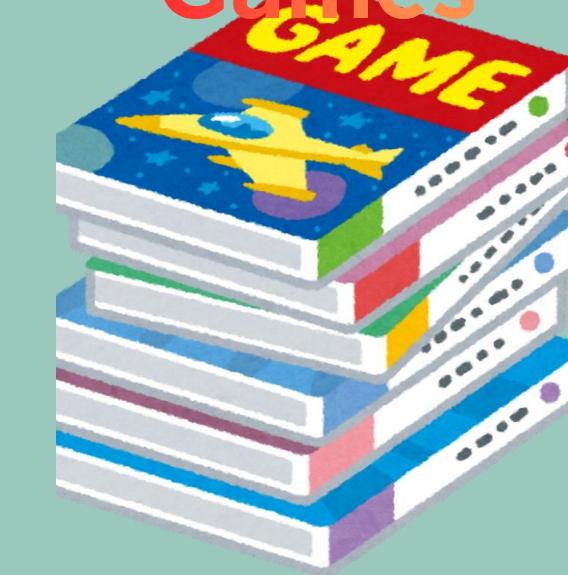
Arts &
Crafts



Radio
Workshop



Classic
Games



Reading
Challenge



Animal
Holding



Boogie Beats
Dancing



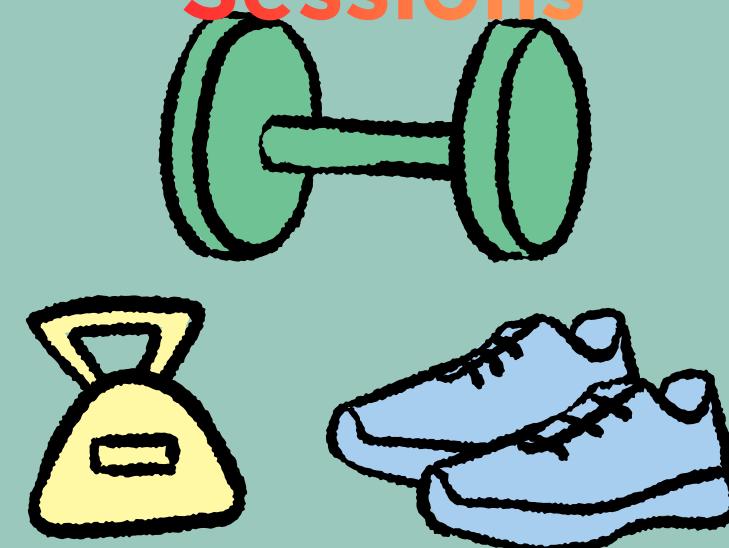
Family
Swims



Indoor Golf



Gym
Sessions



HOLIDAY COOKERY & NUTRITION SESSIONS

DELIVERED BY YOUR HEALTH NOTTS IN COTGRAVE

Over two days, 19 teenagers attended the sessions, where they learnt **how to prepare and cook a healthy version** of their favourite takeaway meal.

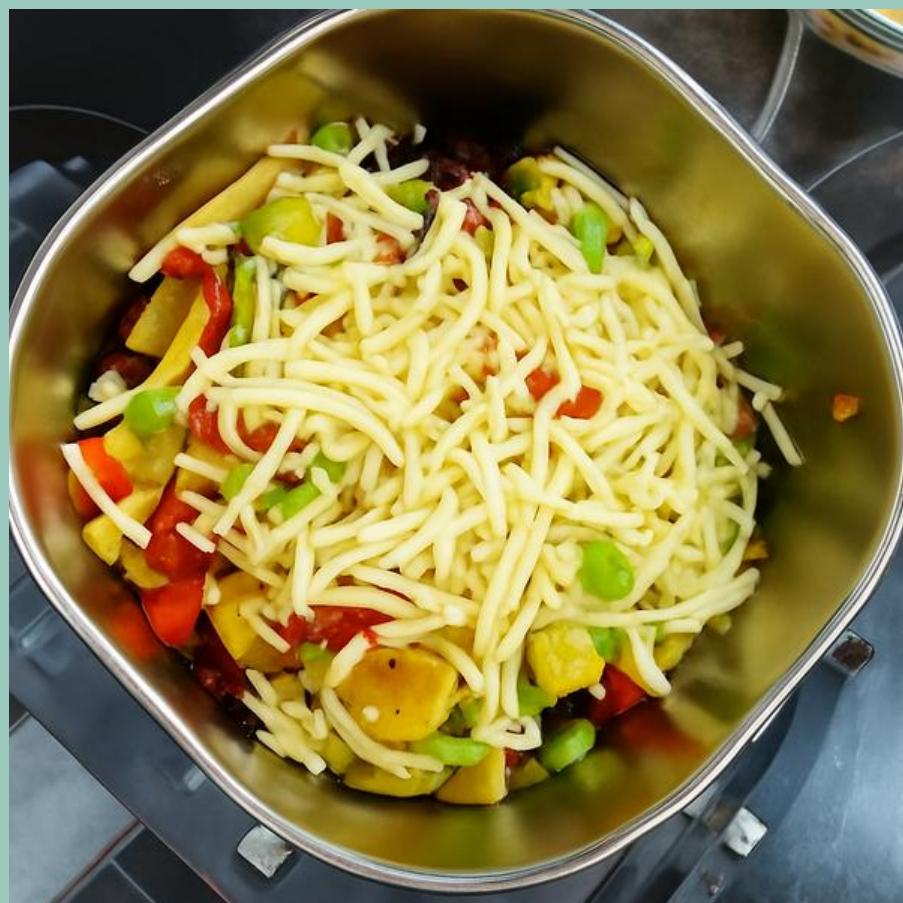
The teenagers also completed a nutrition quiz to help them **understand the benefits of cooking** from scratch and making healthier food choices.

Two of the attendees were also part of the Your Health Notts weight management programme.

The course gave them a **valuable opportunity** to engage with the full programme face to face.



COTGRAVE YOUNG PEOPLES YOUTH CENTRE COOKERY & NUTRITION SESSIONS



Your Health Notts ran **Cookery & Nutrition sessions** at the Cotgrave Young Peoples Youth Centre, with **20-40 young people attending**. They made two healthy versions of their favourite foods, one of which was loaded nachos. Some of the group tried black beans, spring onion and peppers for the first time.

The children brought so much energy to the sessions and they also incorporated karaoke and dancing, which made the sessions fun!

HEALTH FOCUS - PREVENTION OF CARDIO VASCULAR DISEASE



**South
Nottinghamshire**
Place-Based Partnership

Service Provision

36 Additional NHS Health Check Clinics were funded by the CVD monies and were delivered by Cotgrave Surgery (part of Belvoir Health Group).

440 people were invited to attend, with 385 Health Checks being completed as a number of patients DNA'd.

The first cohort was for 40-50 year olds, not already on statins, who did not have a diagnosis of a Long Term Condition and who had not had a NHS Health Check in the last 5 years. Depending on the eligible numbers, invites then went to 51-60 year olds and 61-70 year olds.

Case Study Cotgrave Funded NHS Health Checks

Outcome →

The NHS Health Check aims to prevent cardiovascular disease and associated conditions, such as heart disease, cancer, diabetes, and dementia, through early assessment and by raising awareness, education and referrals to lifestyle changes services.

The NHS Health Check will also identify anyone who may already have an undiagnosed long-term condition and therefore will not be receiving treatment / medication to support the management of their condition.

Outcome →

28 patients were diagnosed with Hypertension

2 patients were diagnosed with Diabetes, 1 of which was referred to DESMOND

1 patient was diagnosed with Hyper cholesterol

7 patients were identified as at risk of Diabetes

49 patients started on Medication/Treatment

113 patients were offered statins, with only 37 accepting

7 patients were referred to the ABL Weight Management Programme

2 patients were referred to the Social Prescribing Service



NHS HEALTH CHECKS - REFLECTIONS



The number of new diagnoses was lower than expected (however, there was no comparable local data available from Public Health (PH)).

The lack of PH data around new diagnoses raises a question about whether there could be a shift in focus from the numbers of Health Checks completed to include data about the outcomes of Health Checks.

Patients were given the opportunity to feed back on the Health Check and their experience. 54 responses were received, with key feedback noted below:

What motivated you to have your NHS Health Check?

Were you given good quality information about services you can contact to support you with lifestyle changes?

Were you given advice about how you can change aspects of your lifestyle to improve your Health?

Patients said they wanted to make sure they were in good health, and this was something they should do to stay healthy.

22 people strongly agreed, and 21 people agreed

25 people strongly agreed and 22 people agreed



The full responses are available [here](#)



NHS HEALTH CHECKS – REFLECTIONS



From the survey responses, people appeared to find the Health Check useful and had a positive experience. However, despite this, the uptake of services to support lifestyle changes and the uptake of statins were both very low.

Discussions with the Health Care Professionals undertaking the Health Checks, including discussion of the test results, identified several contributing factors:



People welcomed Health Checks, but results rarely led to lifestyle change.



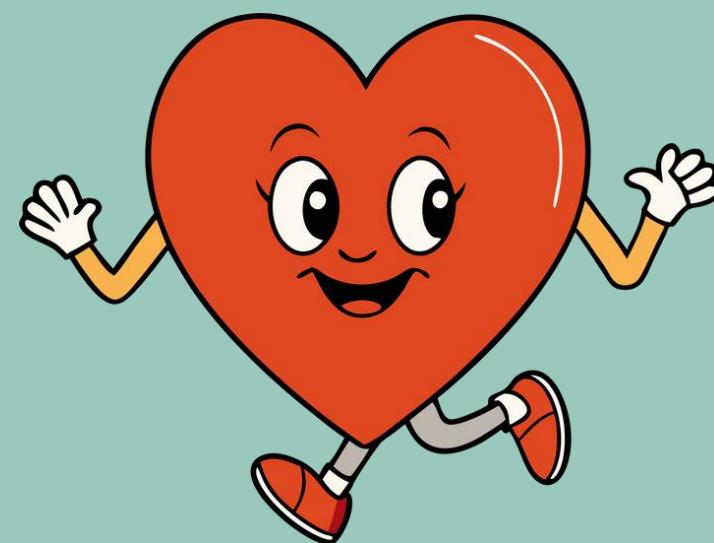
Many declined statins, citing daily pills, negative stories, or side-effects.



Drinking, smoking and obesity felt normal locally, so risks were downplayed.



Data was entered by hand and follow-ups weren't all completed, so actions may differ slightly.



Compared with Hucknall's "Healthy Hearts" events, Cotgrave had similar diagnoses but far fewer lifestyle referrals.

HEALTH FOCUS - LONG-TERM HEALTH CONDITIONS SUPPORT GROUP

The group has been established since August 2024

We have held 16 sessions and supported over 25 people (130 total interactions)

This group has cost £820 over the past 16 months (that's £51 a session!)

Living with a long-term health condition can be both challenging and frightening and it can affect and impact a person's physical and mental health significantly.

The aim of establishing the Group was to offer people a monthly safe space and an opportunity to share personal experiences and feelings, their coping strategies/mechanisms and offer peer support to each other through shared learning, in the hope of empowering them to take control and better self-manage their condition.

Each session consists of a cuppa and catch up, a hot topic and is finished with some chair-based exercises that members can do at home to aid and strengthen their mobility and improve balance.

Onward Referrals to other Services:

Talking Therapies x 5

ABL Weight Management x 3

ABL Falls Prevention

Programme x 5

Social Prescribing Team x 2



Members put forward suggestions for the hot topics and rather than them be educational condition specific, they wanted a more holistic approach, to help them manage their mental health, as well as their physical conditions. Numbers at sessions can vary but we regularly get 7-15 people most months, with new members still joining.

LONG TERM HEALTH CONDITIONS SUPPORT GROUP

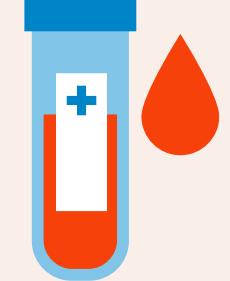
HOT TOPICS



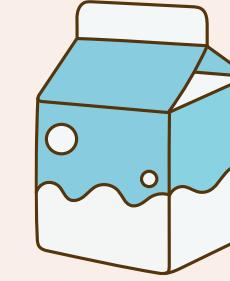
Breathing techniques to support good sleep



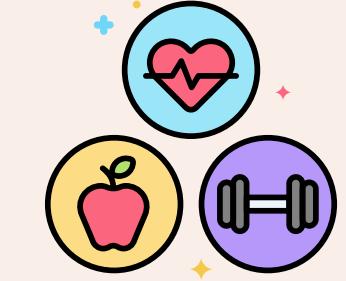
Breathing techniques to manage stress and anxiety



Understanding Blood Tests with the PCN Pharmacists



Understanding Food Labels with ABL and included a donation of fresh Fruit n veg from the CCK and CCG



Healthy Lifestyles discussion with ABL & Your Health Notts



NHS App and online Consultation support



Chair Yoga to improve balance and support



Ability Net - Supporting members with Digital devices



Talking Therapies, managing stress, anxiety and depression



Mindfulness & Brain Health



Breathing techniques to support relaxation



Each session includes a cuppa and check-in

FEEDBACK ON THE LTC GROUP FROM A 3RD YEAR MEDICAL STUDENT

"It was really interesting to attend the long-term conditions group in Cotgrave last week. I was amazed at the level of encouragement between the members of the group, supporting each other to attend other classes and just generally being there for each other. The sense of community was strong, and it felt like their safe space to share concerns and make connections with other members facing similar challenges. I was particularly impressed by the emphasis on encouraging healthy behaviours to improve overall health. I was able to witness a chair exercises class during the session and this gave members the tools to be able to go home and do the exercises in their own time. This is so important as mobility is such a huge factor affecting independence in people with chronic conditions and as we get older."



WHAT HAS THE LTC GROUP MEANT TO YOU?

Sense of
Community

Educated

Supported

Listened to

Friendly

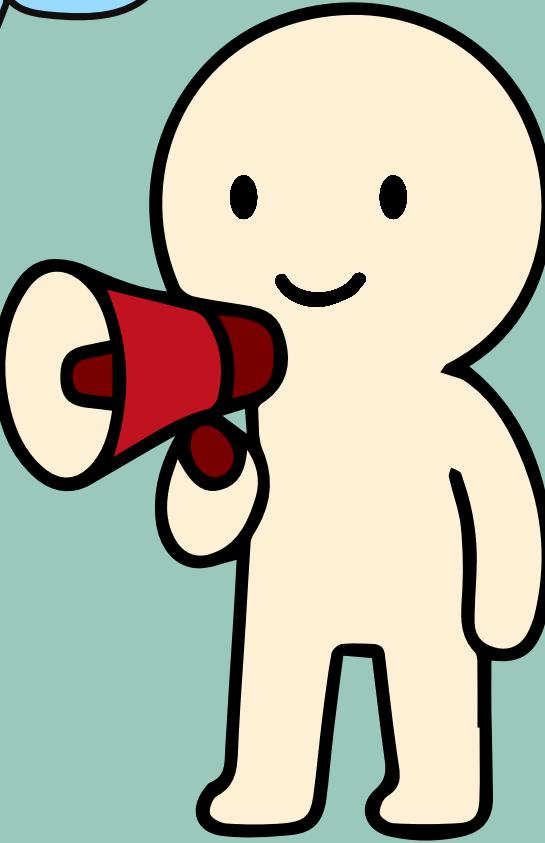
Encouraged

Valued

Kept
Informed

Safe space

Built Self-
Confidence



CASE STUDY

BY YVONNE WILSON

THE CHALLENGE!

For the last 20 years of her husband's life, Yvonne Wilson was her husband's carer.

Alan had been diagnosed with Alzheimer's – a condition which often left him volatile and violent.

Yvonne cared for Alan during the Covid pandemic, a time she says, that left her isolated and vulnerable.

“Unfortunately, Alan had begun to get violent,” said Yvonne. “He didn't know what he was doing and on one occasion the police were called.

“They didn't want me to be on my own with him, but I insisted he stayed with me. It was Easter and it was okay on the Good Friday, but on Easter Saturday he attacked me.

THE LOSS

“He was a big man – he weighed 18 stone while I was half that at nine stone. I ended up having to hand Alan over to police custody.”

Yvonne explained that her husband was first placed on a secure ward at the Queen’s Medical Centre, before being moved to City Hospital and finally into a care home.

“But it was while he was in the care home that he attacked the staff who were trying to help him and he was sectioned,” said Yvonne.

“Then in July 2023, he got sepsis, and a decision was taken for him to receive palliative care. He died very soon afterwards.”

THE IMPACT

Yvonne explained that the sudden loss of Alan was something she has struggled with extensively.

“He was my partner for 44 years and suddenly my partner was gone,” she said.

“Somehow, I had to cope on my own. Bereavement services got in touch, but I did find myself thinking ‘should I stay or should I go’.

“I had some counselling around dealing with grief, but I was having flashbacks – how could I move on?”

Anxiety and grief are long term health conditions which can be both challenging and frightening for the individual who is suffering, and those around them.

THE SUPPORT

“I found out about the Community Gardens through a social prescriber in Cotgrave,” said Yvonne.

“I started going and found the support I got for mental health there was very good. I found growing my own fruit and veg very therapeutic. I shared my experiences and talked about my anxiety and stress with other users.

“And that has led to all kinds of things. I’ve done belly dancing and performed at the Council House – it doesn’t matter what size you are, all that matters is that it’s a positive experience for you.”

COTGRAVE LONG-TERM CONDITIONS SUPPORT GROUP

Yvonne also went along to the Cotgrave Long-Term Conditions Support Group which meets monthly in a safe space.

It gives those who go a chance to share their personal experiences and feelings, as well as their coping mechanisms.

They can also offer support to each other in the hope of empowering them to take control and better manage their conditions.

Yvonne explained that dealing with a long-term condition, means you have

Yvonne explained she has also been able to receive additional help and support with breathing problems.

She said: “I’ve enjoyed the chair-based exercises, and I’ve enjoyed doing the breathing techniques as I’ve got a mixture of asthma and bronchitis, so learning how to breath through my nose has been useful.

“All the sessions I’ve attended have been delivered with helpful suggestions, and I look forward to learning more.

THE FUTURE

“I’m now a community champion,” she said.

“I volunteer at the coffee club at the library in Cotgrave and at the Memory Café at All Saints Church in Cotgrave. I like to help others who might have similar experiences and losses to my own.

“There is no quick fix for grief all you can do is try and find a way forward. I’ve had support from Talking Therapies. I’ve also done a Balance Your Mind course in West Bridgford.”



“Yvonne added “The challenge is moving on, moving forward, but if I can help someone like me as I do so then that’s a good thing.”



BRIAN ROBERTS



A CASE STUDY OF HIS JOURNEY

Retired fire-fighter Brian Roberts
is a familiar face at the
Long-Term Conditions Support
Group in Cotgrave, Nottingham.



BRIAN'S CAREER



“I was a fire-fighter based at Shakespeare Street in Nottingham and suffered lung damage through smoke inhalation,” said Brian.

“I retired from the service and went onto work for a company called Chubb fire and security – carrying out fire safety inspections on buildings.”



IMPACT ON HIS HEALTH



His lungs were damaged by smoke during his career which left him with health problems including shortness of breath and COPD.

“I also have a heart complaint,” said Brian, 70. “But I’m one of those who knew nothing about what’s available within the community. I had no idea where I could go to get support or what help might be out there.



SUPPORT FOR BRIAN



“After I’d finished working someone recommended the **Long-Term Conditions Support Group** in Cotgrave, and I just went along to have a look.”

The group has given Brian the opportunity to meet new people, get support with practical things, as well as sometimes being pushed out of his comfort zone.

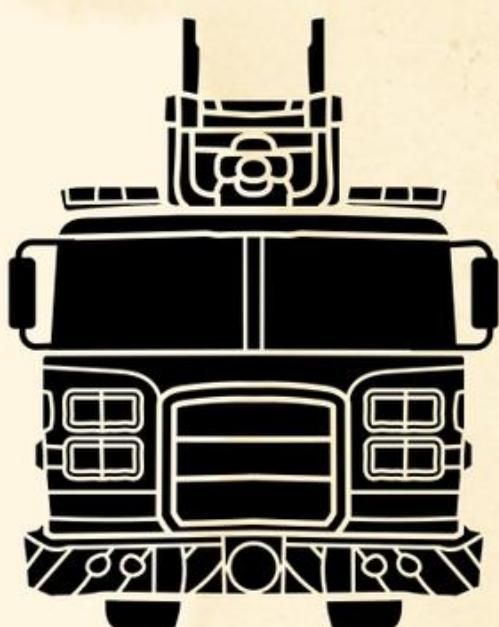
“I’m one of those people who has worked all my life – I’ve never signed on or anything so I didn’t know what I might be able to do when I stopped working,” he said.

HOW DOES THE LTC GROUP HELP?



“They've taught me all kinds of things at the group, such as how to use the computer when making a doctor's appointment.

“I used to use a computer to write reports when working but like a lot of older people I don't live on the computer day to day. I'm someone who can get an email and leave it a week before I open it.



NEW SKILLS AND FRIENDSHIPS



“As well as practical things, I’ve found myself sat in a group singing – something I would never have thought of doing before!

There was a group singing session and I just found myself joining in. When I got home, I told my wife about it, and she couldn’t believe it!”



“I’ve met lots of different people and been able to share experiences as well as being able to find out what else is happening in my community, such as the tai-chi sessions offered at the welfare.”



“I’d recommend anyone with a long-term condition and who lives in Cotgrave to come along.”

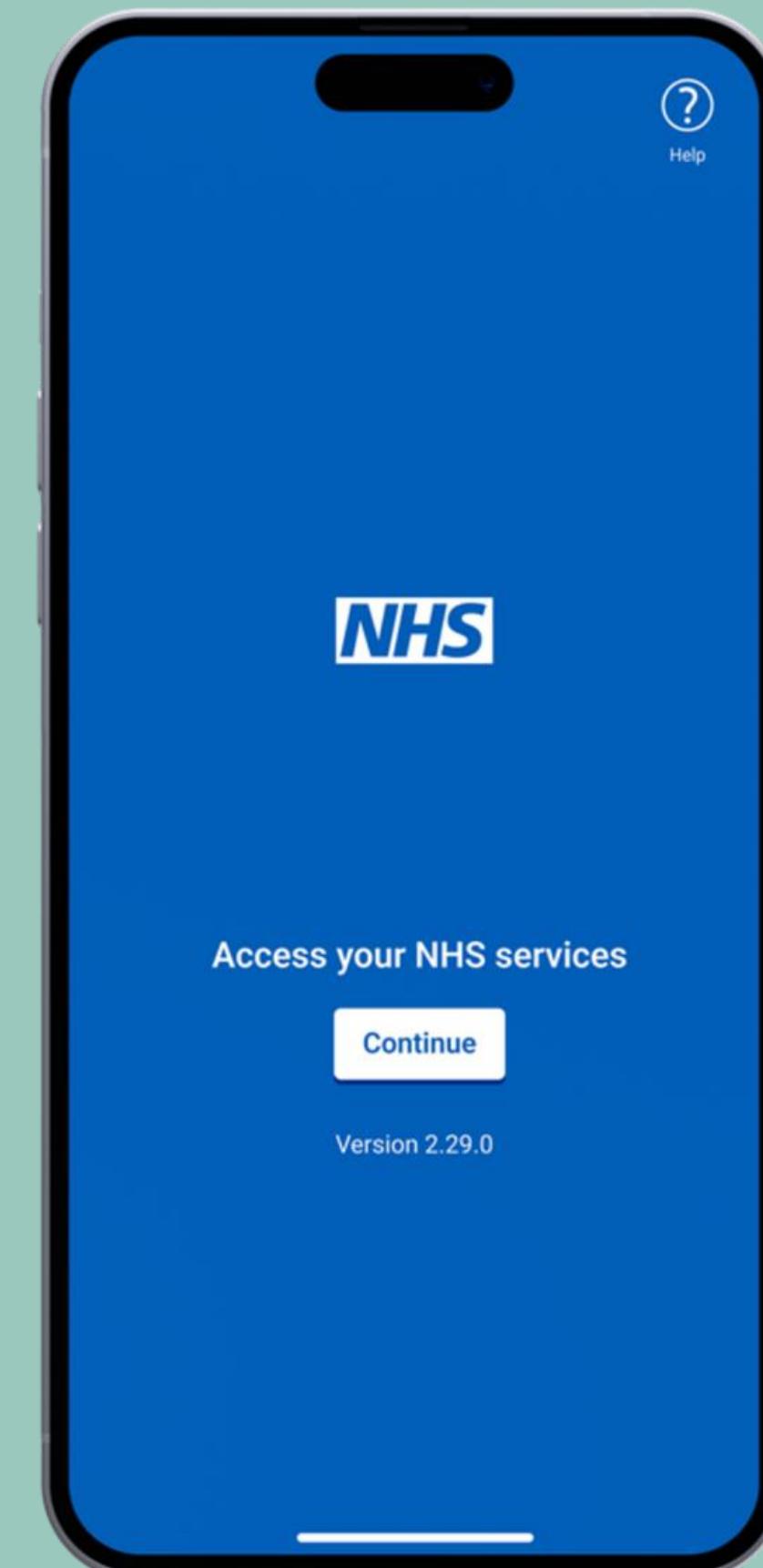


The Cotgrave Long Term Conditions Group aims to bring people together to better support their health and wellbeing.

NHS APP - DIGITAL SUPPORT SESSION

The Rushcliffe Digital Inclusion Officer, Matt, has attended the Cotgrave Library coffee morning club and the LTC Group to help residents download the NHS app to show them what they could do on the app.

Matt has had contact with 60 residents.



Matt regularly visits Cotgrave surgery and helps any patients who need support.

Matt downloads the NHS app on their devices and goes through the whole process with them and show them how to; order repeat prescriptions, view their health record, book appointments and more.

BLOOD PRESSURE TESTS IN THE COMMUNITY

High blood pressure is a silent condition, meaning people may feel fine even when it's dangerously high. Regular checks can detect high blood pressure before it leads to serious, long-term health issues. By identifying and managing high blood pressure, we can significantly reduce the risk of heart disease, stroke, heart failure, and kidney disease.

As part of our focused work, partners have been taking opportunistic BP tests at the following events / sessions:



**The Heart of
Cotgrave
Community Hub
supported by Your
CVS and ABL**

**Cotgrave Summer
Fayre supported by
ABL & Cotgrave
Town Council**



**Cotgrave Town
Council Christmas
Market –
Wells Pharmacy
BP Bus**



**Candleby Lane
Summer Fayre
supported by ABL**

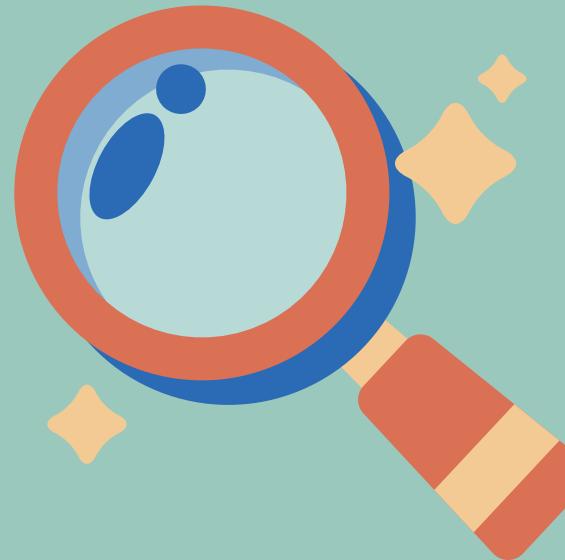
COTGRAVE NEIGHBOURHOOD WALKING SCAN

[**Ridewise**](#) have created a clear, user friendly 'Step into Cotgrave' digital map to make it easier for residents to get out and about safely and confidently.

They assessed walking routes from 4 key green spaces around Cotgrave into the main shopping centre to determine the safety and suitability.

Ridewise scored the following elements on each walk:

Observations



Duration of walks



Pathways



Signage



Resting Places



Litter



COTGRAVE COMMUNITY ASSET MAP

The Local Design Team mapped out all the community assets within Cotgrave and created a digital map. The map is housed on the Futures Platform and as part of the wider Ask Notts Website.



COTGRAVE COMMUNITY ASSET MAP