

Appendix Two – MLCO in action

MLCO in action (central): Developing Health Walks in Hulme, Moss Side and Rusholme



Why we did this

- The need for health walks was identified in our neighbourhood plan and GP priorities
- There was a gap around practical support of walks and lack of trained walkers following the decommissioning of Manchester Health Walks Scheme

What we did

- Health Development Coordinators investigated the level of interest across community partners working with organisations and individuals
- They identified a huge demand for health walks
- Identified staff for each ward who have capacity to develop walks and support groups
- Worked with partners to develop a new system for providing accreditation

Outputs and outcomes

- ✓ Increased physical activity and decreased social isolation
- ✓ Health walk leader training being put in place
- ✓ Increased group work skills across partners and stakeholders



MLCO in action (south): Helping citizens manage lung disease in Wythenshawe



Why we did this

- Wythenshawe has higher than average rates of Chronic Obstructive Pulmonary Disease (COPD) – a range of lung conditions
- The neighbourhood team identified that supporting citizens to self-manage their condition would lead to improved quality of life and less medical input

What we did

- The neighbourhood team worked with two GP practices (Bowland Road and Peel Hall) to deliver education sessions and develop peer support for citizens with COPD
- Sessions were co-designed with citizens so they were based around what is important to them
- Letters and texts from the practices allowed the team to target patients and invite them to the sessions.

Outputs and outcomes

- ✓ 77 citizens attended the events and had the opportunity to ask any questions about what matters to them as well as listen to the team
- ✓ 63% said it gave them a better understanding of their COPD and 72% indicated improved confidence in noticing signs of becoming unwell
- ✓ It's led to an increased attendance at regular BreatherBetter sessions held in the community and plans are being developed to scale up the work across other practices in the neighbourhood

