

A collaborative group clinic approach to personalised care and support planning. A data driven NEIGHBOURHOOD approach in North Sedgemoor, Somerset.

"The first group clinic of its kind in England" *"Award winning"*



Neighbourhood teams involved...



Somerset

NHS Foundation Trust



Programme

Person Centred Care

AIMS & OBJECTIVES

How can we help people with heart failure live better, closer to home, and with care that truly reflects what matters to them?

Idea was to design a proactive group clinic weaving clinical expertise, exercise and behaviour change coaching, digital innovation and social prescribing through a new alliance of community partners



OUTCOMES

80% improved grip strength
54% increased exercise levels

- Wellbeing data evidenced progress, pride and motivation
- Medication optimization for all patients achieved through targeted stratification
- Reduced risk of unplanned admissions
- Improved mental wellbeing
- Peer support and reduced isolation
- Engagement with social prescribing and voluntary sector opportunities
- Workforce efficiency – supporting multiple patients and carers simultaneously
- Scalable collaboration across neighbourhood partners (SFT, PCN, SASP and VCFSE)
- Staff satisfaction and psychological safety
- Workforce transformation

CONCLUSIONS

When organisations collaborate equally with patients and families, personalised neighbourhood community care is achieved

Group clinics answer the NHS Long Term Plan for cost effective proactive care closer to home, digitally enabling and reimagining how care should be delivered in communities



FUTURE STEPS

Funding secured for year 26/27 to continue group clinic provision

Sharing of the project locally, regionally and nationally to promote the success and engage commissioners to support future financial backing

