



# Population health capability and capacity

The new Ten-Year plan encourages NHS provider trusts to focus on population health outcomes including through partnership working. As part of this, and to deliver our strategy commitments, it's important we support population health knowledge and understanding at ELFT and make sure it connects with everything we do.

## 2025 Highlights:

### Population health induction sessions

supporting over 800 new staff members in the past year. Population health is also part of ELFT lead and clinical leadership training.

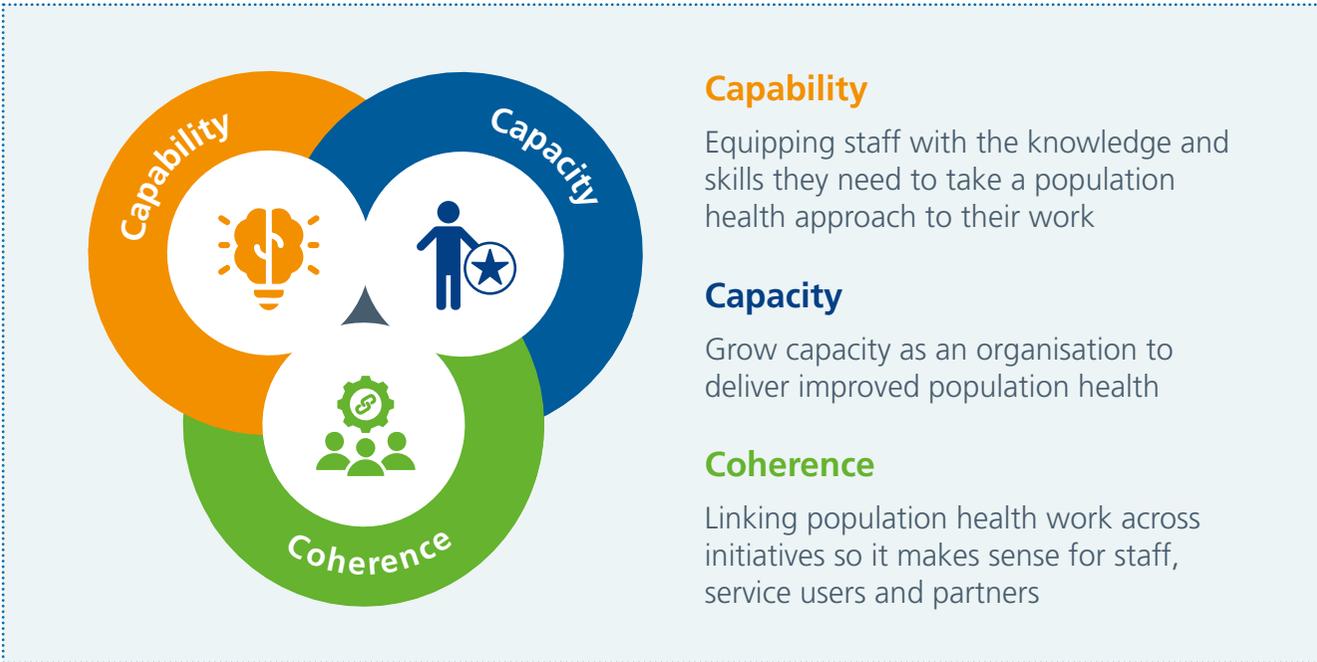
### Population health newsletters and webinars:

Sharing work taking place across the Trust and providing learning spaces for internal and external colleagues.

**Living Well community of practice:** Co designed with ELFT staff to share learning on ways to support service users live well through a greater focus on prevention.

**Population health dashboard:** Community Mental Health and Community Health teams are now able to access population census data and population forecasts, through Power BI. The dashboard also helps look at referrals to understand how representative the service is in terms of ethnicity, gender, age and deprivation.

**ELFT as a population health training site** for public health speciality trainees, population health fellows and other specialty trainees. This is alongside delivery of public mental health training to ELFT psychiatry trainees.





### Commissioner's Award - Improving

**Population Health:** Recognises population health leadership at our annual awards, with 83 nominations since 2021. This year, **Newham Transitional Practice** received the award for its commitment to supporting vulnerable members of the community who face barriers to accessing traditional primary care services. Judges highlighted that the practice goes “above and beyond standard healthcare delivery” to address the social determinants of health, provide trauma-informed care and build trust.

#### Find out more

**Population health dashboard:** This can be accessed on ELFT PowerBi under Community Mental Health and the Quality tab.

**Living Well Network**  
elft.livingwell@nhs.net

**Population health webinars** Catch up on our webinar series [here](#)

Following a review of borough data packs for Bedford and Central Bedfordshire, the group is scoping out a number of workstreams including on Core20PLUS5 disease areas, dementia, preventing emergency admission, supporting better navigation of the NHS and access to services and cultural competence. Through creating a peer-to-peer learning space with opportunities of coaching and mentoring support it hopes to provide a blueprint for similar ways of working across the Trust.

### Bedfordshire Community Health Services Health Equity Group

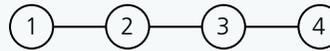
Bedfordshire Community Health Services (CHS) set up a voluntary leadership group this year to support the delivery of equitable services to service users and ensure an inclusive, respectful working environment for all staff. This brings together clinical and non-clinical staff, managers and operational leads and People Participation to identify and address health inequalities in service delivery across Bedfordshire communities.



**I'm hugely grateful to our fantastic project group of volunteer staff. There's momentum and collaborative energy already, which I think will make a real difference to the lives of underserved patients in Bedfordshire. I hope also that the experience of leading and managing a large-scale change project and the associated peer learning, will be valuable for colleagues' professional development**

*- Dr Raj Shah, Clinical Director, Community Health Services for Bedfordshire & Newham*





## Research capacity development in Luton and Bedfordshire

The ELFT and University of Cambridge Implementation Research Hub launched in September 2024. Since developing a shared vision and strategy, several collaborative research projects are in place focusing on the social determinants of health and wellbeing, working in partnership with the Integrated Care Board (ICB) and local voluntary sector organisations. This includes obtaining funding for: advancing research capacity for Children and Young Peoples' (CYP) mental health, risk stratification of health inequalities within primary care across Bedfordshire and building a community of practice for primary care research.

In June 2025, the team hosted its first face-to-face Implementation Research Hub Day. Bringing together researchers, GPs, nurses and allied health professionals from Luton, Bedfordshire, Milton Keynes and Cambridge, the event featured presentations on health inequalities research.



**It has been an amazing start to the collaboration between ELFT and the University of Cambridge and we are really excited by the enthusiasm and support of colleagues in Bedfordshire to engage with research that has potential to transform population health.**

*- Dr Shobhana Nagraj, Lead for ELFT-UCAM Implementation Research Hub*

## East London Business Alliance and Partners Placing Health Back on the Agenda

A Health Inequalities East London forum took place in May 2025, bringing together ELFT, Barts Health NHS Trust and local business partners.

The East London Business Alliance (ELBA) is a charity that connects businesses with local communities to support social regeneration in east London. Its mission is to create positive change by using the resources and influence of the private sector.

Follow up conversations with business partners are helping us identify ways to collaborate to support the health and wellbeing of our local communities.



## Next steps include

Strengthening population health understanding as part of the Trust's Quality Improvement approach.

Support understanding and translation of population health management dashboards to help inform Trust plans and programmes.

Continue to provide learning spaces for the Trust including through the Living Well network, induction, training and webinars.

## Glossary

**Core20PLUS5:** An initiative to reduce healthcare inequalities by targeting the 20% of the population who experience the most definition and five key clinical areas.