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# History

Dr Tim Anstiss



# Background

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- Established 1994
- Project Management (Health) for delivery of one of the UK's first Healthy Living Centres
- Involved in all aspects of project including:
  - Building Design
  - Business Planning
  - Lottery Funding Application
  - Partnership Working: Kings, Maudsley, Optimum
  - Tendering
  - Programming
  - Recruitment and staffing
  - Evaluation



# Consultancy

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## Healthy Living Centres

- We have helped establish several healthy living centres up and down the UK: Bristol, Sheffield, West Ham and Plaistow, Eastleigh
  - Stage I and Stage II NOF Bids
  - Business Plans
  - Project Plans
  - Staffing models
  - Outcome measurement systems



# Consultancy

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Fitness

Pool

Travel

vaccinations

Physiotherapy

Osteopathy

Chiropody

Beauty

Homoeopathy

Herbalism

Aromatherapy

- Lead external consultant for the Boots Wellbeing Centre concept
  - Concept development
  - Facility design
  - Service design
  - Staffing model
  - Business case to Board of Directors

# Consultancy

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## Service Improvement

- We have been service improvement consultancy and training for over 10 years, including:
  - Specialist workshops for NPAT and Modernisation Agency on SPC and Lean
  - Integrated Care Pathways support for Ealing Hospital NHS Trust
  - Lean Healthcare for SLAM NHS Trust
  - Lean Service for Southampton City Council



# Consultancy

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## Regeneration

- Specialist health input into several regeneration schemes
  - Southwark 5 Estates Strategy
  - Rotherham Schools PFI
  - Cambourne, Pool and Redruth in Cornwall



**Balfour Beatty**

DAVIS LANGDON



**CPR Regeneration**



# Training

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- Bespoke training and short courses for wide range of clients
- Specialist focus – lifestyle and health behaviour change, mental health
- Wide range of professional audiences:
  - GP's
  - Nurse Specialists
  - Dieticians
  - Clinical Psychologists
  - Health and Fitness Professionals

