

FAST Programme

Cohort 4 overview, draft cross-sector participants and programme dates

Place confirmed on Cohort 4 | Up to 12 participants | 10 linked sessions from September to December 2026

What is FAST?

FAST stands for Foundations in Applied Systems Thinking. The programme introduces the principles and practical application of systems thinking, with tools and resources that participants can apply across organisations, places and the wider system.

It is designed for cross-sector partnerships whose members work alongside one another to support the same communities. The programme aims to help participants understand complexity, work across organisational and sector boundaries, strengthen collaboration and take shared action on a real neighbourhood or system challenge.

Programme content

Module	Theme
1	Orientation to Systems Working
2	Understanding and Focusing Your Local Service Delivery System
3	System Behaviour and Performance
4	Approaching System Change
5	Changing Your System Together

Proposed application

The working proposal is to bring together representatives from across the North and East Local Care Partnerships. Frailty could provide a practical application for the learning and help focus the participant group, but it does not need to be the programme's sole focus. The final challenge and scope should be agreed with the participants.

Draft participant group

#	Name	Sector / team	Position
1	Sophie	Community team	Named participant
2	Heather	Community team	Named participant
3	To confirm	Primary Care	North representative
4	To confirm	Primary Care	East representative
5	To confirm	VCSE	North representative
6	Ellie Barnes?	VCSE	East representative; expressed an interest
7	Andrea	LCP co-ordination	LCP Programme Manager

#	Name	Sector / team	Position
8	To confirm	Pharmacy	Representative
9	To confirm	Mental Health	Representative
10	To confirm	Social Care	Representative
11	To confirm	ICB	Representative
12	To confirm	Housing	Representative

Status: This is a draft list. Named and sector representatives should be confirmed before final circulation.

Cohort 4 dates

Session	Date	Time
1	Wednesday 30 September 2026	13:30-16:00
2	Friday 2 October 2026	09:30-12:00
3	Tuesday 20 October 2026	13:30-16:00
4	Friday 23 October 2026	09:30-12:00
5	Wednesday 11 November 2026	13:30-16:00
6	Friday 13 November 2026	09:30-12:00
7	Tuesday 1 December 2026	13:30-16:00
8	Friday 4 December 2026	09:30-12:00
9	Wednesday 16 December 2026	13:30-16:00
10	Friday 18 December 2026	09:30-12:00

Commitment and immediate next steps

- Participants should be able to attend all 10 linked 2.5-hour sessions.
- Confirm the named representative for each unfilled sector place.
- Confirm whether the practical focus will be frailty or a broader neighbourhood challenge.
- Hold all Cohort 4 dates in participants' diaries pending calendar invitations and joining information.

Source note: Prepared from the NHS England South West FAST programme information and the Cohort 4 application outcome correspondence. Draft participant details reflect the current working list supplied by Andrea Beacham.