

Inner East Community Committee Public Health Update – November 2017

Liz Boniface – Inner East Update

1. Community Development - Better Together Contract delivered by Orion Consortium
 - o Service has now been running successfully since April 2017 achieving high standards of delivery across 10% most deprived Inner East and Inner North East parts of Leeds.
 - o Over 5,000 community members have been engaged through a range of methods including door to door outreach, organising events, getting involved in festivals, fun days and gala's, flyering, social media, local radio and specific community development work such as 'I do like to be beside the Seacroft'.
 - o In addition to this they have delivered an impressive range of group and individual support to increase social capital and resilience in the area. This has included physical activity, friendship groups, mental health support such as 'art inside me', arts and crafts, men's health groups, budgeting, cooking and job clubs.
 - o The service is being monitored using Wellbeing wheels, and SWEMWBS which will be available at the end of the year to measure impact on emotional wellbeing and health.
2. Best Start Peer Support Service delivered by Touchstone
 - o The service was funded through Leeds South and East CCG and has now run two well attended courses developing peer support in Inner East and South areas around best start.
3. Diabetes Prevention and Treatment
 - o Diabetes is a growing concern nationally and continues to increase in prevalence across Inner East Leeds.
 - o There are a number of services commissioned to tackle this. There is a general diabetes prevention programme that can be accessed via GP for people who are identified as at risk. This could be via an NHS Health Check. There is also a treatment programme specifically for BME groups delivered by Touchstone for those who have been diagnosed as diabetes is more common in certain BME groups.
4. Inner East Safe Sleeping Scheme (funded by Inner East Housing Advisory Panel and Wellbeing Fund)
 - o This scheme has been developed to help tackle the issue of high infant mortality in the Gipton and Harehills ward in particular. The Compton Centre have been leading the scheme working closely with Public health and other local partners as a joint effort to offer a support package (including Moses basket bundle) to highly vulnerable families with new born babies. There are approximately 50 bundles available and some very promising outcomes are already being seen.
5. Current piece of work in development in the area around faith and health asset mapping in Harehills which local community members have been invited to. This is being led by Leeds University.
6. LS14 trust recently completed a 12 month community food research project commissioned by North CCG, which looked at relationships between health, social networks and food in the North Seacroft community. They concluded that more investment should be made into genuine community building. Quoted from the Eat report; 'Potentially the biggest impact that we could make would be to focus less on what we eat and more on how we eat.'

Whereas isolation and unhealthy norms/ behaviours can have a detrimental impact on health, good community and positive norms can give individuals the resources they need to make all sorts of personal progress towards holistic health.

7. **CAREVIEW**-Social Isolation App is an app that can work on any smart mobile device and can help reconnect socially isolated residents to their communities and services which can help improve and maintain their health. **CAREVIEW** is currently being tested in the 6 x 1% priority neighbourhoods (3 of which are in the Inner East) and further afield in a selection of the 10% most deprived wards. The trial is funded by NHS England New Pioneer Fund for 12 months. It works by looking for signs of neglect in the built environment e.g. house in disrepair, untidy garden or post piling up. This may indicate the presence of a socially isolated resident who may require some support and help. A quick push of a button on the app puts a blob of light on a heat map. The heat map is then followed up by Leeds City Council Better Together Contract Outreach Teams who door knock and leaflet to see if any community members require help.
8. Leeds South and East CCG have funded a range of Mental Health courses across the South East of the city. The delivery of these free courses has begun and will be offered until July 2018. The courses are open to all who live or work in the area and care has been taken to cover a variety of venues to make access easy for all.

City Wide Update

1. Winter Wellbeing

The Public Health England Cold Weather Plan for England gives advice on preparing for the effects of winter weather on people's health. There are too many avoidable deaths each winter in England primarily due to heart and lung conditions from cold temperatures rather than hypothermia.

The Cold Weather Plan for England helps to raise the public's awareness of the harm to health from cold, and provides guidance on how to prepare for and respond to cold weather which can affect everybody's health.

What is Leeds doing?

- Organisations and frontline workers are encouraged to identify vulnerable people and target them with high impact interventions to keep people well and warm. There is a winter wellbeing checklist and a cold weather intervention checklist available in Leeds to act as a guide.
- Those who work with vulnerable people are encouraged to sign up to Met Office Cold Weather Alerts.
- Encouragement is given for frontline workers to take appropriate action according to the Cold Weather Alert level in place and use professional judgement.
- Opportunities should be taken for closer partnership working with the voluntary and community sector to help reduce vulnerability and to support the planning and response to cold weather

Public Health are also supporting this work by partnering with Leeds Community Foundation

to offer Winter Wellbeing grants across the city. The panel for the grant awards was held on 23rd October with successful applicants being informed by the beginning of November. Successful applicants in Inner South include Basis Yorkshire, Groundwork Leeds, Holbeck Elderly Aid and Rags to Riches

2. Best Start

Best Start remains a city priority and there is currently work being done to refresh the city wide Best Start Plan. A big part of this is looking at how the Best Start messages are communicated across the city. A Best Start Prompt Card is available to all those engaging with parents and grandparents during the weeks immediately before and after birth. The card highlights six simple messages about how you can give your child the best start in life.

The Best Start Communications sub-group are currently looking at different groups they should be talking to and any forums they can engage with to promote the messages to the widest possible audience.

3. One You Leeds

A new free healthy living service called “ [One You Leeds](#) ” which helps people improve their lifestyle and health, launched at the start of October.

One You Leeds will offer programmes for people who want to change their lifestyle behaviour including: stopping smoking, managing their weight, eating more healthily, learning how to cook and being more physically active.

The service will provide support in a range of ways including face to face appointments, group sessions and phone support and clients will be able to work with a coach to tailor make a package that suits their needs.

Although One You Leeds will prioritise delivery of face to face services in the areas of the city where poor health relating to lifestyle choices is worse, services can be accessed by **any** resident in Leeds. The service will also offer a range of online self-help material.

Frontline staff can refer clients to the service using the referral form on the health professional area of the website:

Online at www.oneyouleeds.co.uk/health-professionals-referral

Or clients can self-referral:

Online at www.oneyouleeds.co.uk/sign-up or by calling: 0800 169 4219

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