

Inner East Community Committee May 2018

Public Health Locality Update – Liz Boniface and Tina Leslie

Better Together – Orion Consortium

Orion (Feel Good Factor, Touchstone, Space2, Shantona and Zest) have been delivering a range of community engagement and group activities across the East North East areas. Here is an extract from their annual report;

In 2017/18, the Orion consortium worked with local people to increase community resilience, build social capital, and supported healthier lifestyles. We engaged with over 10,600 people through 199 community engagement events and over 1800 people moved on to a group/ one-to-one support accessing 112 sessions. All of our work supports people to build on their social capital by exploring their current situation via wellbeing wheels, SWEMWBS, and case studies. Through a process of co-production with the community, we are able to offer a bespoke programme of activities to meet their needs. Other key partners include Connect Well, Gp surgeries, Reginald and Compton Centre, Children Centre's, faith and community partners including churches, temples and mosques.

An example of some of the work we have carried out over the first year of the project include:

Health and fitness activities: such as Zumba, women only swimming, Fun time, Soca (to link in with the Carnival), Reggaecise and walking groups. The main aims of these activities are to promote a healthier life style, reduce the risk of long-term conditions and promoting social interaction.

It & Creativity: jewellery making, arts and craft groups, Modern Living (IT), job clubs, Mindful Textiles and Chat & Create group supporting people again to learn new skills and promote social interaction.

Health & Wellbeing and Social Groups: growing and cooking, confidence building, gardening, knitting, ESOL conversation clubs, men's groups, community groups and after hours social groups, alcohol support groups and weight management amongst others.

Some of the changes for partners over the year include relocating to be more accessible to the local community at a new community hub, which has enabled a programme of weekly projects and community engagement events to delivered from this new facility.

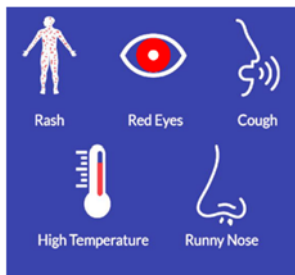
We continue to be responsive to the local community and organise our activities in conjunction with them to make sure we are addressing the needs of that community. We are also flexible enough to be able to try new things and if they do not work, stop them and pilot alternatives.

Measles Outbreak: Raising awareness of MMR Vaccination

There have been outbreaks of measles across a number of UK cities of which the Inner East part of Leeds has been affected. This highlights the importance of raising awareness and supporting local community members to access the MMR vaccination. For the Inner East area, this is high priority due to their being a particularly low uptake of the vaccine according the GP practice data.

Key messages to local community

1. Measles is circulating in the area and can be life threatening.
2. Are they registered with a GP? If so, have they had their MMR vaccination?
3. Having the MMR vaccination is FREE to all – they should make an appointment at their GP practice.
4. MMR vaccinations protects your friends and family against three highly infectious and harmful conditions - Measles, Mumps and Rubella which are all preventable.
5. If symptoms arise, they should ring their GP or 111 and stay at home. They should NOT go to their GP practice or A&E.
6. They can access more information via nhs.uk



Inner East Health and Wellbeing Partnership

The Inner East Health and Wellbeing Partnership is being coordinated by Tina Leslie of the Inner East Public Health team and was held from the Compton Centre in April for its first meeting. Active Leeds, One You (support to stop smoking, eat healthily, lose weight) and Healthier You (Diabetes prevention service) were invited to present at the meeting to raise awareness of their services with local partners.

Lincoln Green Health Need Assessment

A health need assessment is in progress looking at both the needs and assets that communities living in Lincoln Green experience. This is an in depth review of the available public health data for the area as well as questionnaires and interviews with community members and health professionals. This is an ongoing piece of work that links into wider engagement work happening in the area.

Additional information for Inner East Locality;

- Training into enhanced illegal money lending money buddies took place end of February. The new money buddies will be situated at LS14 trust and The One Centre Lincoln Green.
- Over 1,000 winter wellbeing leaflets have been distributed across the Inner East since January.
- Safe sleeping baby box displays have been set up in all Inner East community hubs to raise awareness of key safe sleeping messages and of the new baby box scheme available to all parents with a new born across the city.
- Through partnership working between Public Health, Bellebrook Surgery and Advonet, there will be Advonet welfare rights surgeries starting in February. These will be 3 hour sessions of

which one will be in Romanian and the other in Czech to help reduce language barriers to access.

Leeds Let's Get Active (LLGA)

Leeds Let's Get Active community offer (enhanced for Inner South and East Leeds) continues to be delivered by the team at Active Leeds. Since April 2017 the service has provided activity to support 3443 attendances made by 274 people. Of those, 44% were inactive (self-reported doing less than 30 mins physical activity per week) when they were first engaged. Autumn 2017 has seen the delivery of 23 different activities with 275 participants making 1365 attendances. 70% were inactive at baseline, 67% live in an area described as 10% most deprived and 43% report that their physical activity has increased 12 weeks after first attending. Examples of partnership developments include the team working with Age UK to support groups with visual impairment and Forward Leeds helping those with addiction

Primary Care Update

Suicide Prevention in Primary Care working group

Following recommendations made in the latest Suicide Audit (link) a steering group has been established with primary care colleagues to develop an action plan to support an increased awareness and recognition of patients who may be at risk of suicide as well as the appropriate management of poor mental health.

Gipton and Harehills specific – MECC delivery in Primary Care

A Making Every Contact Count session was delivered to around 50 frontline primary care staff which was well received and welcomed by primary care. This is being used as best practice and there are plans to work with other primary care partnerships to continue to improve public health approaches within primary care.

Healthy Weight Declaration

Leeds City Council is working towards adopting the Healthy Weight Declaration (HWD). The aim of the HWD is to achieve a local authority commitment to promoting healthy weight across all Council teams with a view to improving the health and wellbeing of the local population. The Declaration includes 14 standard commitments and the opportunity of several locally chosen priorities. It will provide the rationale and a platform to connect Council teams to work together to raise awareness and deliver on the importance of healthy weight and supporting local people to be a healthy weight. For more information contact deborah.lowe@leeds.gov.uk or on 0113 378 6049.

National Diabetes Prevention Programme (NDPP)

The National Diabetes Prevention Programme, Healthier You, is an evidence based programme which offers a great opportunity to reduce type 2 diabetes (TTD) in Leeds.

Over 32,000 people in Leeds are known to be at high risk of developing TTD and 26% of those at high risk can be prevented from developing TTD by attending intensive behaviour change programmes.

The programme works through a referral system where GP's refer patients at high risk to the programme provider, Ingeus. Codes are applied to patients to identify referrals, the process is direct and secure via NHS mail and Ingeus then contact the patient to book them on.

Participants attend thirteen 90 minute sessions over the course of 9 months and topics covered include information on TTD, lifestyle and behaviour change.

The programme started in Summer 2016 and is funded until 2019 but there are plans to look at how to embed and sustain the programme beyond this date. Current activity to promote the programme includes a targeted mail out through GP practices and marketing material has been placed in GP practices and community venues, including LCC Community Hubs, to promote the programme.

Choose the Cup

April saw the start of a new pilot campaign aiming to improve the oral health of children in the city. The campaign is called “Choose the Cup” and is co-ordinated by the Children and Families Public Health team. Small plastic cups, especially designed for babies aged 6 months and above, are being distributed in areas of the city with high rates of poor oral health along with key top tips on keeping their tiny teeth healthy.

Drinking from a cup helps babies to develop the key skill of sipping which also helps with language development and starting to eat solid foods. These small cups are easy for a baby to hold and use. They also make drinking an occasion too which is particularly important if families are giving drinks containing sugar. Milk and water are the safest drinks for babies and children’s teeth.

A number of practitioners and groups are distributing the cups after doing a practical demonstration of how to use them. Parents and their babies can learn to use them together. Some information is also provided about keeping teeth healthy. The project is being evaluated to look at acceptability and use. For further information please contact Jackie Moores in the Children and Families Public Health Team jackie.moores@leeds.gov.uk