

Meeting Date: 24th April 2018

Public/Private*: Public

Title: **Communities, Health and Wellbeing Portfolio Holder's Report –
Councillor Lee Sherriff**

CARLISLE AMBASSADORS AND WORKPLACE HEALTH

Representatives from the Healthy City Forum and the Workplace Wellbeing project lead (Inspira) attended Carlisle Ambassadors session on Health and Wellbeing to give an overview of the importance of Workplace Health and the development of a local Workplace Wellbeing project across Carlisle.

Nationally over 131m working days are lost to sickness absence each year and the costs of presenteeism are estimated to be £30bn annually.

Over 230 delegates were in attendance and the session was used to promote the project, elements within it - such as the Better Health at Work Award and gather information from businesses to shape the project moving forward.

Key areas of delivery include: the development of workplace principles, the Better Health at Work Award (Carlisle City Council, North Cumbria University Hospital, Cumbria Police and Nestle are examples of partners advancing this). Additionally, being explored are a number of workplace packages to support and signpost employers / employees to, awards and a Workplace Wellbeing event is due to be held on 24th May 2018.

The session was well received with lots on interest, signups to the event and feedback from businesses.

HEALTHY WEIGHT DECLARATION

Carlisle City Council have been asked to sign up to the Cumbria wide Healthy Weight Declaration, as a proactive, Cumbria wide set of proposals that will assist all local authorities to work constructively to reduce obesity and overweight population.

Over the past two decades obesity has risen dramatically across the UK (15% in 1993, rising to 27% in 2015), with nearly two thirds of adults in England now being overweight or obese (63%).

The Declaration was approved by the Executive on 9th April.

FOOD CARLISLE

Food Carlisle continues on our journey to become a '*Food City*', aiming to be a beacon of good practice nationally inspiring others, particularly smaller towns, cities or counties and empower change with partnership working.

Key points to note since the last update:

Recycling Lives: FareShare

The Food Carlisle steering group meeting took place on 16.01.2018; this included a speaker from FareShare, Julie Wedgwood, who presented on ways in which we could work in partnership to reduce food waste within the area through utilising surplus food. As a result of this, a small task group have come together to work on moving this agenda forward.

An information sharing event, open to the public, will take place on Friday 20th April 2018 at Harraby Campus. This is for all not-for-profit community groups to find out about how to access quality low cost surplus food. This initiative is run by Recycling Lives (in Cumbria), with their food distribution centres providing fresh, in-date food to groups such as children's breakfast clubs, homeless shelters and day centres.

SUGAR SMART CARLISLE

Following the success of the SUGAR SMART Carlisle Summit on 19th January 2018, the project has seen 65 people/organisations pledge via the survey, 21 people/organisations pledged via the Eventbrite, 12 different organisations have used our project resources, 44 participants are active in the Carlisle section of the national website, there have been 7 action pledges made.

Examples of some of the currently engaged and active partners are listed below:

- iCan health and fitness centre – spoke to members and gave a talk around sugar at a event. They borrowed the pop up banner and made a visual display of sugar in different products. They quoted "Everyone was so shocked at how much Sugar is in 'everyday' food!"
- Barnardo's- borrowed project resources for discussion at their quarterly team meeting to approximately 45 staff. They also used these resources with their family events; using the bottle game, which they would like to use in future sessions.
- Northern Gas networks –have used the project resources and others off the website to make a display board in the workplace which has been viewed by approximately 1,300 employees.
- Carlisle Youth Zone- are using the SUGAR SMART recipes to make healthier choices in their canteen. They are also working with us on a poster competition, the results of which will be put up around the building and designed shared with local partners.
- Carlisle Youth Council – at the Skills Fair they used project resources (the banner, display board, bottle game and surveys), to have a conversation with approximately 100 people about sugar.
- Moky Fit- raised the subject of sugar at one of their sessions, borrowing the sugar smart picture board to help promote the project and raise the awareness through their class. Approximately 100 people have had a picture with the board and pledged to be more active as part of Sugar Smart.
- Currock Community Centre – The Sugar Smart coordinator attended a toddlers group, where they filled in surveys and were given advice on smart swaps for their children. There were approximately 28 people at the group.
- Pennine Way School- have used our SUGAR SMART recipes for their new menu at the school.
- Rotary Club- have sponsored 200 sustainable, reusable branded water bottles to be used to further promote smart swaps and champion drinking more water.

COMMUNITY SAFETY PARTNERSHIP

Members of the multi-agency hub are working closely with the Green Spaces Team to improve the area around Court Square in relation to the night time economy. Work has started to start clearing shrubs and trees and remove litter.

A new Public Spaces Protection Order (PSPO) is now in force in the City Centre and surrounding area. New signage will soon be erected and training for partners will be rolled out over the next couple of months.

A Councillor Drop in session was held on 8th April and further sessions are planned throughout the year. A number of dog issues were reported and were quickly dealt with by the appropriate agency. Likewise a few issues with abandoned vehicles have been rectified a lot quicker as a result of Member contributions. These sessions provide an opportunity for Members to call in and raise issues directly with partner agencies.

As from 2nd April the three problem solving PCs for West/East/ Rural are now based in the Hub.