

Meeting Date: 16th July 2019

Public/Private*: Public

Title: **Communities, Health and Wellbeing Portfolio Holder's Report –
Councillor Elizabeth Mallinson**

CUMBRIA JOINT PUBLIC HEALTH STRATEGY

This strategy was adopted by Carlisle City Council and demonstrates the necessity of a multi-disciplinary approach to delivering population health improvements. The Health & Wellbeing team have reviewed the Cumbria Public Health Strategy to identify the City Council's priorities in helping to tackle the wider determinants of public health and improving health and wellbeing for the residents of Carlisle City Council area, these include:

- Deliver the aspect of the Green Spaces Strategy that supports Health and Wellbeing
- Raising the profile of the health and wellbeing opportunities in Carlisle District that the City Council and its partners offer to encourage greater take up through marketing and promotion
- Promote health and wellbeing through delivering projects events and activities such as volunteering opportunities, the Walking for Health programme, Health and Wellbeing Events
- Supporting community groups and projects e.g. support "The Give a Day to the City Community initiative" and Friends of Parks Groups
- Work with our community centres to deliver health and wellbeing benefits for their users

FOOD CARLISLE

This year the Sustainable Food Cities conference took place on 13th June; with 185 attendees representing 63 cities and places from across the UK, meeting in Newcastle. The Sustainable Food Cities conference is an annual event, which has grown exponentially.

Carlisle Food City are a founding member of the Sustainable Food Cities network since 2013. The network recognises the key role food can play in dealing with some of today's most pressing social, economic and environmental challenges and supports places in taking a joined-up approach to transforming their food culture and food system.

The programme for the day covered many issues, including workshops on; Taking a whole system approach to food and health; Sustainable Food Cities and the climate emergency; Sustainable Food Cities and the fight against food waste; Putting good food at the heart of good planning; Community kitchens: Sharing experiences from across the Network; Making good food enterprise a Sustainable Food Cities mainstay.

WALKING FOR HEALTH

This year's Walking for Health Summer Surprise event took place in Appleby-in-Westmorland, on Wednesday 19th June. The increasingly popular yearly event was full and highly anticipated. The most recent Walking for Health programme of walks started in January this year, with the last walk taking place in July 2019 (the Autumn programme to be released soon). Over the course of the project, subscription has risen considerably, with 2019 seeing record-breaking attendance; on average 50 participants joining per session.

Walking for Health is an entry level walking program; encouraging regular physical activity, whilst also offering a safe and friendly social group. Comments from participants include:

- *"I enjoy the social aspect at the same time doing some exercise"*
- *"As an ME sufferer the benefits are incalculable"*
- *"The walks are extremely enjoyable and beneficial for health and socialising"*

Other Carlisle walking programs include Monday park walks, Tuesday Trundles and the Summer & Evening walks. For more information please visit:

<https://www.carlislepartnership.carlisle.city/Partnerships/Healthy-City/walking-and-exercise>

THE BIG LUNCH

The official Big Lunch national date takes place annually on the first weekend of June; however, this date is not strict, and participants are encouraged to take part in events at whatever time best suits them. The Carlisle Big Lunch task group members have been organising events and celebrating community togetherness throughout May and June, with more events planned to take place throughout the rest of the year.

Examples of events that have taken place to date, both public and private include:

- The Cumberland Infirmary; an internal staff event, staff members included breakfast and dinner in their event to ensure shift workers were able to participate. This event

saw staff dress as superheroes for a day, raising £2,500 for a local children's charity

- People First & CVS; taking a collaborative approach. People First & CVS joined together to invite residents to celebrate the bond forged between neighbours during the Carlisle floods. This jovial event included a ukulele band and a showing of the film *When Waters Rise* – a film about recent flooding in Carlisle and how the community needs each other
- Upperby Gala; this year the Upperby Gala included a special area set aside to encourage residents to take the time to get to know each other better and inspire community cohesion over lunch. Representatives from The Eden Project Communities joined the Friends of Hammonds Pond and Carlisle City Council in the organisation of this event

In the run up, partners such as PhunkyFoods Carlisle worked with residents to provide 'Cook and Eat' healthy cooking sessions, inspiring families to try new recipes and cooking techniques; and taking this food with them to the Upperby Gala to share at the Big Lunch picnic area

- Carlisle City Council held our own Big Lunch event for staff and members on the 18th June. Services used the opportunity not only to get to know their colleagues better, but to share upcoming projects with staff and members in a relaxed and inviting environment. We also had a cake competition during the event which the Judges thoroughly enjoyed with the standard of cakes at a professional level. Well done to all staff who took part

The successes of the Carlisle Big Lunch task group partners and way of working has led to the national team declaring Carlisle a 'beacon city' of good practice; using our work as an example to other councils and areas.

CUMBRIA PUBLIC HEALTH ALLIANCE

I attended this meeting with Health Partners including County and District Council attendees on 5th June 2019. The main agenda item was a presentation of Cumbria Suicide Prevention Strategy and the meeting was asked to endorse the Strategy before it was submitted to Cumbria Health and Wellbeing Board in July 2019. Cumbria suicide levels were higher than the national average and in response the Cumbria Suicide Prevention Leadership Group was formed in 2018. They meet quarterly and have developed a real time alert system which allows analysis of trends to help identify any hotspots and potential service failures. This system was developed in conjunction with South Cumbria and Lancashire Integrated Care System and is overseeing the delivery of local suicide prevention via multi agency partnerships.

CARLISLE DEMENTIA ACTION ALLIANCE

On the 14th May, the Carlisle Dementia Action Alliance announced details for the upcoming Dementia Action Week at the launch of the new dementia film, 'Hide and Seek', at Tullie House. The 'Hide and Seek' film was produced in partnership, led by Film

Cumbria and in association with Carlisle Dementia Action Alliance, Cumbria County Council, Carlisle Partnership, Tullie House and Tesco Bags of Help.

Dementia Action Week unites people, workplaces, schools and communities to take action and improve the lives of people living with dementia. Working in partnership, the Carlisle Dementia Action Alliance lead in the organisation of the Dementia Action Week in Carlisle, taking place between 20th – 26th May. Carlisle Dementia Action Alliance ran a week-long series of events, hosted by Brampton and Longtown Rotary Club, and joined by Alzheimer's Society, NHS Memory & Later Life Services, Age UK (Carlisle & Eden), Cumbria Library Service and volunteers. The majority of activity took place in a vacant shop in The Lanes Shopping Centre, which included information stalls and representatives from associated services available for advice, as well as hour long dementia information and awareness sessions, open to both organisations and residents interested in becoming dementia aware. Further Dementia Friends Sessions plus screenings of the 'Hide and Seek' film were also offered at Longtown, Morton and Harraby Community Centres.

CUSTOMER SERVICES

The Customer Service restructure came into effect from 1st April. We have seen significant improvement in call answering statistics, both as a result of the restructure and the ongoing work of process reviews. In the last 6 months, we have seen the following improvements:

- Calls answered within one minute up 17% from 2017/18
- Average wait time has reduced by one minute from 2017/18
- Abandoned calls have reduced by 8% from 2017/18

Customer Services are introducing a new performance management framework in the coming weeks. Coupled with ongoing process improvement and resource allocation; we expect further improvement throughout this financial year.

DISABLED FACILITY GRANTS

In 2017 the Housing and Pollution team introduced a **Private Occupational Therapy (OT) Service** as a means of reducing waiting times for Occupational Therapy assessments with Cumbria County Council Adult Social Care. The Service also dealt with additional cases that would not have been picked up by Adult Social Care under their Care Act Assessment. Since the introduction of the Service our contractor "The OT Service", has assessed 79 individuals/families in respect of their need for an adaptation at home. These private assessments have meant individuals have received adaptations in their homes that: enable independence in the home; support carers, and /or avoid institutionalised care. The cost of the service is covered by the Disabled Facility Grant, as an administrative and technical service under the Regulatory Reform Order. The Service was introduced in consultation with Cumbria County Council Adult Social Care.

DOMESTIC VIOLENCE

The City Council has a duty to assist anyone fleeing violence or the threats of violence of any kind including domestic abuse. We work closely with all key stakeholders and statutory bodies to prevent and assist with crisis interventions and safeguarding issues.

I have met with the Director of Public Health and have meeting scheduled with Cumbria Police, NHS and Armed Forces Champions on this subject during July.

NEIGHBOURHOODS & GREEN SPACES

The **Yewdale Outdoor Exercise Equipment** consultation is currently underway with the support of the staff at Yewdale Community Centre. The first stage of this project will be to consult with local residents and potential users of the new facility to determine their preferred style of exercise equipment.

An online survey has been set up to allow residents to provide feedback and this has been publicised via the Council's website and social media. A poster has been displayed on site and within the Community Centre, along with hard copies of the response form.

The consultation period will end on Friday, 28th June 2019 and following collation of the results the Healthy City Team will produce a specification taking into account the feedback received.

The project will then be progressed via specialist equipment manufacturers and installers with anticipated completion date of Autumn 2019.

The Healthy City Team Manager has recently met with representatives from CALC to discuss a joint '**Health & Wellbeing Conference**' as there seems to be considerable interest in running a joint conference/event. Potential speakers are being explored and we hope to host the event during Spring 2020.

Bitts Park was used on Sunday 23rd June for a successful '**Yoga Day**' attracting approximately 600 people in the park for a variety of outdoor yoga classes.

On 7th July there will be the first "Feelgood Sunday" - an Afternoon of Wellbeing, Mindfulness & Relaxation at the Old Fire Station.