



Carlisle City Council

Report to

Report details

Meeting Date:	9 th June 2022
Portfolio:	Communities Health & Wellbeing
Key Decision:	No
Policy and Budget Framework	Yes/No
Public / Private	Public
Title:	HEALTHY CITY 2022/23 PROGRAMME AND OPPORTUNITIES FOR BROADENING APPROACH BEYOND 2023
Report of:	The Deputy Chief Executive
Report Number:	CS 23/22

Purpose / Summary:

This report updates the panel on the work of the City Council's Healthy City Team in 2021/22 and programmed areas of work for 2022/23. The report also highlights work that will extend beyond March 2023 into the era of the new Cumberland authority.

Recommendations:

For the panel to review the report and provide guidance on the current work and potential opportunities for the Cumberland Council to consider moving beyond 2023.

Tracking

Executive:	
Scrutiny:	9/6/2022
Council:	

1.1. Healthy City Approach

Carlisle City Council first became involved in the World Health Organisation (WHO) Healthy Cities programme in 2009. To help better align the Authority's delivery with Health City priorities, a new Healthy City Team was created in 2019. It's focus is to deliver on the Council's strategic goal of improving the health and wellbeing of Carlisle District's communities through delivery of services and collaborative working with partners.

The team was formed of existing services related parks, arts and culture, events, health and physical activity and food to effectively work both internally and externally to promote enjoyment, levels of physical and social activity, connection with nature and cultural opportunities that maximise health and wellbeing benefits for the people of Carlisle City and District.

Additionally, the work in delivering health and wellbeing outcomes runs throughout many areas of the City Council including Planning, Economic Development, Environmental Health, Housing, Policy and Partnerships, Benefits Advice.

1.2. World Health Organisation (WHO) Healthy Cities Network

The City Council is part of phase VII of the WHO Healthy City programme. At its core the WHO Healthy Cities Network has the six "P"s.



The 6 "P's" of this programme and the UN Sustainable Development Goals (<https://www.undp.org/content/undp/en/home/sustainable-development-goals.html>) will be at the heart of the forthcoming WHO Carlisle Healthy City Strategy and the team's approach to responding to the impact of Covid on Carlisle District's communities.

2. CONTEXT

2.1. The Wider Determinants of Health

Good or bad health is not simply the result of individual behaviour, genetics and medical care. A substantial part of the difference in health outcomes is down to the social, economic and environmental factors that shape people's lives. These factors are collectively described as the wider determinants of health.

The Barton and Grant diagram below depicts the recognised determinants of health that may impact on individuals, households and communities.

The work of the WHO Carlisle Healthy City Forum and our own Healthy City Team is focused on improving natural habitats, influencing the design and development of the built environment, delivering or supporting living, playing and learning activities and growing social capital and local networks. The Healthy City Team focusses on the facilitation and delivery of projects that address the wider determinants of health in a targeted way whilst also developing the evidence base to show the impact the interventions are having.



2.2. Cumbria Joint Public Health Strategy (2019)

The Strategy, which is adapted from the “five capitals” model proposed by ‘Forum for the Future’ as a framework for sustainable systems. Interpreted for the purposes of a public health strategy, this model suggests that a community is healthy and sustainable when it has:

Natural assets: A high quality natural environment that provides opportunities for engagement with the natural world.

Human assets: People with the skills, knowledge, and experience that give them the capacity to take part in society and have meaningful and fulfilling lives.

Social assets: A good social infrastructure, with networks and institutions that allow people to connect to each other.

Physical assets: A good physical infrastructure including housing, transport, and a commercial environment that promotes healthy behaviours.

Financial assets: Adequate financial resources that are fairly distributed.

This strategy also takes inspiration from the WHO Healthy Cities 6 “P’s” model

The Cumbria Joint Health and Wellbeing Strategy is led by the Public Health team at Cumbria County Council under the direction of the Health and Wellbeing Board and Cumbria Public Health Alliance. It has four key themes and the work of the Healthy City Team will be primarily focussed on delivering of two of these:

- Tackling the wider determinants of health, and
- Improving Health and Wellbeing throughout the life course.

2.3. Update on recent work activity and Future Plans

The following table, using the who 6 P's provides an overview of the work of the Healthy City Team over the last 12 months, the work that is happening this year and where this could potentially develop as services move to Cumberland Council in April 2023.

	Update	2022 onwards Plans
<p>People</p> <p><i>Investing in the people who make up our cities</i></p> <p>We will prioritise the following issues which will have the greatest impacts on people's health and wellbeing:</p> <ul style="list-style-type: none"> – Promoting opportunities for healthy early years – Empowering older people to live healthy lives – Reducing social exclusion – Supporting and promoting public health priorities, such as healthy diet and weight. 	<p>Thriving Communities Social Prescribing project – The City Council is core partner in the externally funded network of social prescribing partnerships and activities that seek to meet the needs of residents in Carlisle & North Cumbria, with a particular emphasis on people impacted by loneliness and isolation following Covid-19.</p> <p>Outcomes to date:</p> <p>Social Prescribing Referrals: 50% self-referral, 25% third-sector, 24% health & social care sector. Wellbeing assessment taken before and after showed improvements across all areas of wellbeing using the Short Warwick-Edinburgh Mental Wellbeing evaluation, particularly “feeling useful” and “feeling relaxed”.</p> <p>Additional unexpected Legacy Outcomes:</p> <ul style="list-style-type: none"> • Lasting on site interventions e.g. hedgerow in Botcherby, adding to the Incredibly Edible Project at Brampton, mural at Longtown • New partnerships / connections between community centres and practitioners • New 'Reading & Conversation' group at Brampton <p>Healthy weight – a partner of the Cumbria Healthy Weight Partnership. Assisting with the promotion of the group's objectives, goals, initiatives, and measures throughout the year</p>	<p>Thriving Communities next steps</p> <ul style="list-style-type: none"> • Spring programme of 9 activities across 8 centres. • ACE / CCF Funded project wrap up: <ul style="list-style-type: none"> ○ Toolkit & Film ○ Exhibition Opening – Friday 1st July ○ Exhibition Tour – September 2022 – March 2023 • New Coordinator role CCC funded + cash match from Tullie House. • Inside Out programme – refreshed and delivered in partnership. • Develop the partnership for long term sustainability beyond 2023 and broaden reach to Cumberland. <p>Health and Wellbeing Hubs – Explore the potential for multi-agency health and wellbeing hubs in the City Centre and / or key rural locations. Offering information and referral/signposting, engagement and delivery of population health outcomes initiatives. This potentially also supports the 'reinventing the high street'.</p> <p>Produce an 'Age-Friendly Community' strategy – which sets out a vision and priorities for the new authority to become part of the UK Network of Age-Friendly Communities. Their aim is to create: a place in which people mid – and later life are economically,</p>

	<p>i.e., Healthy Start vouchers are being directly delivered into local communities most in need via the Community Centres.</p>	<p>physically, and socially active, and where they are healthier, safe, informed, influential, independent, and respected.</p> <p>An Aging Well City – prior to 2020, the North West Regional Team of the Office for Health Improvement and Disparities (OHID), had little focus on the healthy ageing agenda. However, Covid-19 has highlighted the need to push this agenda within the region. The intention is to join the UK Network of Age-Friendly Communities. The network is made of 50 cities, towns, boroughs, districts, counties, and city regions, all working together to share learning and promote age-friendly practices.</p> <p>Healthy Early Years – supporting the Breastfeeding Friendly scheme in and around Carlisle by encouraging businesses and communities to register and become breastfeeding friendly venues.</p> <p>Healthy Weight – continue to support the Cumbria Healthy Weight Partnership via a variety of activities and initiatives. We are a major partner in the ‘Healthy and sustainable food systems for Cumbria’ partnership too.</p>
<p>Place <i>Designing urban places that improve health and well-being;</i> We will prioritise aligning the social, physical and cultural</p>	<p>Community Places</p> <ul style="list-style-type: none"> • Using Tribe Carlisle as a focal point for promoting cultural, physical and social activities in Bitts Park • Reopening of the Old Fire Station and ensuring the new operator delivers a varied and exciting cultural programme for residents and visitors in line with the contract 	<p>Community Places</p> <ul style="list-style-type: none"> • Support Tribe Carlisle to increase capacity on delivery of cultural, physical and social activities • Ensuring the Old Fire Station delivers a varied and exciting cultural programme for residents and visitors in line with the contract and support its cultural growth

<p>environments in the following ways to promote inclusivity and health and wellbeing:</p> <ul style="list-style-type: none"> – Improving recreation and leisure spaces – Influencing urban design. – Promote active travel opportunities – Enhancing Carlisle's green and blue spaces to increase opportunities for formal and informal recreation 	<ul style="list-style-type: none"> • Partner in setting up the Carlisle Community Network alongside CVS and Cumbria County Council • Support Community Centres and third sector organisations with grant agreements to support targeted wellbeing activities for their local communities • Design of the Sands Centre redevelopment bringing significant enhancement to the city centre leisure and cultural estate and improvements to the riverside and green areas alongside this development (Also see Participation below) <p>Green Spaces</p> <ul style="list-style-type: none"> • Hammonds Infrastructure improvements. Delivery of a major S106 funded project to enhance the park through improvement of play, recreation, CCTV and footpaths • Fellfoot forward project. Activities this year include the production of education packs for schools to undertake environmental education. • Tree management – Additional resources allocated to managing the impacts of the multiple storms that hit Cumbria over the last 12-18 months. Replanting programme for lost trees <p>Active spaces</p> <ul style="list-style-type: none"> • Infrastructure Improvements. On-going delivery of play area upgrades programme, implementing priorities in the Actives Spaces Infrastructure Capital Programme. E.g. Chances Park Play area, Hammonds Pond play area and Dale End MUGA and BMX track. 	<ul style="list-style-type: none"> • Support to Carlisle Community Network alongside CVS and Cumbria County Council • Support Community Centres and third sector organisations with grant agreements to support targeted wellbeing activities for their local communities • Integration of place standard into workstreams <p>Green Spaces</p> <ul style="list-style-type: none"> • Bitts Park hard landscaping and pollinator planting project following the Environment Agency work and site cabins being on site • Fellfoot forward project activities including gaining Dark Skies accreditation and seating/sculpture/memorial project at Talkin Tarn • Tree/woodland management – Funding and feasibility of community woodland planting and Cumbria Coastal Woodland project. Assessment and management of Ash die back. Continued replanting programme for lost trees. • A Green Spaces Audit as part of local planning. • Embedding The Swifts urban nature reserve management into the teams work whilst further developing the Cumbria Wildlife Trust partnership <p>Active Spaces</p> <ul style="list-style-type: none"> • Supported development of Active Travel Social Prescribing pilot project and future work • Support delivery of Local Cycling and Walking Infrastructure Plan (LCWIP). • £250k capital investment in play spaces within the district
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	<ul style="list-style-type: none"> • Hosting events such as Park Runs, Park Play, ‘Pretty Muddy’ and Race for Life and many more throughout the year. • On-going programme of Health Walks. • Supported development of Active Travel Social Prescribing Pilot bid. • Support delivery of Local Cycling and Walking Infrastructure Plan (LCWIP), for example upgrade of the surfacing of Skew Bridge to be more accessible to a variety of users. <p>Healthy places</p> <ul style="list-style-type: none"> • Promoting allotments and food growing spaces within new developments • St Cuthbert’s Garden Village. Proactively working with planning colleagues to design-in health and wellbeing benefits into the Garden Village, e.g. supporting the ‘Start with the Park’ design-focus along with food growing opportunities • Food Carlisle – see Participation below • Swifts Urban Nature Reserve. Cumbria Wildlife Trust / Carlisle City Council project to create a new urban nature reserve with increased biodiversity and opportunities for people to use and enjoy. 	<ul style="list-style-type: none"> • On-going development and delivery of Health Walks and new Ramblers ‘Wellness Walks’. • Looking for opportunities to increase outdoor exercise areas <p>Healthy places</p> <ul style="list-style-type: none"> • Continue to promote allotments and food growing spaces within new developments • St Cuthbert’s Garden Village. Continue support for project • Food Carlisle – see Participation below
<p>Participation <i>Fostering greater participation and partnerships for health and well-being;</i></p>	<p>Partnership projects that the Healthy City team have led or contributed to in order to increase participation in health and wellbeing activities and initiatives</p> <ul style="list-style-type: none"> • GLL Leisure contract <ul style="list-style-type: none"> ○ Delivery of new Sands Centre combining first class leisure, swimming and entertainment facilities on one site supporting a broad range of new 	<p>Future projects/partnerships</p> <ul style="list-style-type: none"> • Continue and develop existing partnerships • Support Eden Rivers Trust Engine Lanning access project • GLL Leisure contract. Developing further co-location opportunities in both Sands and within the communities linking leisure, culture and community activities with health opportunities

We will promote greater participation and partnerships for health and wellbeing with a focus on:

- Preventing social isolation
- Increasing physical activity opportunities
- Collaborating with partners in delivering health interventions and volunteering opportunities

programmes and opportunities for physical activity and mental health development.

- The **Sands Centre** will incorporate an expanded NHS Musculo skeletal facility which will develop new joint/collective treatment and rehabilitation activities with GLL and other partners.
- External community work, holiday outreach programmes throughout the district such as the Cumbria **Holiday Activity and Food project, Carlisle Holiday Activity Programme**

- **Food Carlisle** - Cross-sector partnership to support sustainable food growing and promote healthy eating opportunities.
 - Food Charter signed by Local Authorities
 - Events delivered, including Health and Wellbeing Event.
 - Community growing projects supported, including allotments and Incredible Edible Brampton and Longtown
 - Weekly food growing sessions with James Rennie School
 - Successful application for Veg cities initiative
 - Securing funding for second year of Co-ordinator role from Sustainable Food Places programme
- **Thriving Communities** – see People above
- **Carlisle Physical Activity Alliance** – System approach to looking at increasing physical activity with Carlisle City Council, Active Cumbria, Cumbria County Council, GLL (Greenwich Leisure Limited).

• **Food Carlisle**

- Promotion of more community growing opportunities on existing green spaces and through planning interventions
- Delivery of Sustainable Food Places grant funded 'Veg City' initiative.
- Developing local food growing initiative at Tribe Carlisle.
- Developing 'Healthy Options Award' partnership along with Environmental Health Officers. This is part of the work with Cumbria Healthy Weight Partnership.
- Securing Silver Award accreditation for the Food Carlisle by 2023/24.
- Securing funding for year three of the Co-ordinator role by end of December 2022.
- Transitioning to proposed **Food Cumberland** Partnership, as part of proposals to establish healthy and sustainable food systems for Cumbria as we move through LGR.
- Healthy and sustainable food system for Cumbria'.
- Review Food Charter.
- Creation of an online Food Trail.
- **Cumbria Wildlife Trust** – Environmental Education project and involvement in urban setting projects.
- **Develop wider partnerships** – Education, Social Services, NHS to further develop social prescribing networks and pathways

Encouraging volunteering, social and health and wellbeing opportunities.

- Taking a more strategic approach by developing a Volunteering Strategy.

	<ul style="list-style-type: none"> • Tullie House – Community work, Carlisle Local Cultural Educational Partnership (CLEP) and Tullie on Tour. • Carlisle Conservation Volunteers • “Friends of” groups - support to six community-led Friends Groups associated with our parks, green spaces, and allotments. <p>Carlisle Cultural Consortium – ongoing support of Consortium.</p> <p>Supporting social prescribing pathways and networks across partnerships</p>	<ul style="list-style-type: none"> • Look at creating more opportunities for volunteering both internally and externally. <p>Carlisle Cultural - A Strategic Framework for culture in Carlisle. The intention is to align both the forthcoming ‘West Cumbria Cultural Strategy’ and Carlisle’s Cultural Framework. Alongside the Cumbria LEP Creative & Cultural Strategy - ‘Cumbria - the Natural Capital & Creativity and Culture.’</p>
<p>Prosperity <i>Improving</i> Improving community prosperity and access to common goods and services through:</p> <ul style="list-style-type: none"> – Promoting community resilience – Supporting routes back to work through volunteering – Influencing healthy urban planning and design 	<p>Tribe Carlisle offering low-cost business start-up accommodation with associated business support from Cumbria LEP</p> <p>Delivering the Greening the Green Market project, using Government post-Covid funding, to encourage shoppers to stay on the high street longer.</p> <p>Implementation of framework contracts to support work of Healthy City Team which has led to long term partnerships with local contractors which helps support the local economy</p>	<p>Carlisle Community Groups Network – to continue to contribute to the capacity building of the network.</p>
<p>Peace <i>Promoting peace and security through inclusive societies</i> by:</p> <ul style="list-style-type: none"> – Enhancing social cohesion, societal trust 	<p>Community Events programme. Events such as the Queen’s Platinum Jubilee Celebration and supporting a varied programme community events through direct delivery and grant support.</p> <p>Multi-Agency Problem Solving Group – attending twice-weekly hub meetings to help address anti-social behaviours and other community-level problems through collaborative working with the Police and others.</p>	<p>Welcome to your City – The intention of this initiative is to engage with Refugees and hopefully make them feel welcome and part of the community, while offering sign posting to services and encouraging greater links.</p> <p>Integration of work into Cumberland Community Safety Partnership and Multi-Agency Hub</p>

<p>and community resilience</p> <ul style="list-style-type: none"> – Ensuring culture, leisure, recreation and green spaces are safe 	<p>Enhance community resilience and emergency planning – in partnership with County Council and others, for example making better use of Community Centres.</p> <p>Supporting the ‘Carlisle Hotel’ project - welcoming and assisting asylum seekers coming to Carlisle, including</p> <ul style="list-style-type: none"> • running two ‘welcome to the city’ events at Tribe Carlisle • securing free 3 month memberships with GLL • providing a series of volunteer-led Health Walks. 	<p>Safer Streets - The main aim is to reduce ASB in the city centre and the hotspot locations around the city, which will have the additional benefits of improving the feelings of safety in public spaces, especially for women and girls and vulnerable groups. Two projects will be happening in Keenan Park and Bitts Park Skate Park.</p>
<p>Planet</p> <p><i>Protecting the planet from degradation, including through sustainable consumption and production.</i></p> <p>Protecting the planet from degradation, including through sustainable consumption and production by:</p> <ul style="list-style-type: none"> – Mitigating and adaption our landscapes to climate change – Promoting biodiversity 	<ul style="list-style-type: none"> • Improving operation of City Council allotments, e.g. by encouraging and supporting self-management, to increase the supply of fresh, cheap produce, whilst also offering social interactions/networking, physical exercise and contact with nature. • Biodiversity improvements across estate through changing management regimes and habitat creation. Supported by grants and partnerships eg. Higher level Scheme, Swifts urban nature reserve Get Cumbria Buzzing project with Cumbria Wildlife Trust, increasing conservation grassland and meadow management in green spaces • Use of low carbon technology such as electric vehicles and equipment 	<ul style="list-style-type: none"> • Working with Community Centres to transform their environmental performance and to develop their role as local green hubs, promoting more sustainable living to their local communities. • Supporting low carbon (and physically active) travel through delivering cycling and walking routes, within City Council land and through partnerships • Identifying opportunities to change green space land management practices to save or sequester carbon • Further adoption of low carbon technology within Team operations

3. WHO Phase VII – Carlisle Healthy City to Cumberland Healthy Region?

The Carlisle Healthy City Forum is currently in process of developing its application for the Phase VII Healthy City programme and there is an opportunity to broaden this out to the new Cumberland Council area and bring together the work of the different councils and partners into a cohesive approach to delivering population health improvements to residents. This approach will be discussed with the other existing Councils and the Shadow Authority during this next development period.

4. CONTRIBUTION TO THE CARLISLE PLAN PRIORITIES

4.1. The work of the Healthy City Team supports the following priorities from the existing Carlisle Plan:

- Further develop sports, arts and cultural facilities to support the health and wellbeing of our residents
- Continue to improve the quality of our local environment and green spaces so that everyone can enjoy living, working in and visiting Carlisle

4.2. In addition, it supports the draft priorities from the emerging 2021-23 Carlisle Plan:

- We will continue to prioritise the current response to and rapid recovery from the health and wellbeing impacts of Covid 19 pandemic.
- We will work with our partners in the public, health, private and voluntary sectors to deliver a broad programme that will support the good, lifelong health and wellbeing of our residents and visitors. This priority builds on the framework of the Cumbria Public Health Strategy and WHO healthy city programme with projects and programmes that will focus on the determinants of health; a sense of place and safety; the quality of the local environment and tackling climate change together.
- As a Sustainable Food City, we will promote a vibrant and diverse food economy, with local communities having access to a range of healthy and affordable food options. All communities will have good access to a wide range of recreational, leisure and exercise opportunities, that are both diverse and affordable. We will encourage opportunities to participate in and engage with the arts and culture, the strategic focus will be on establishing Carlisle as a central hub for culture within the wider region. Accessible green spaces have a vital role in human health and wellbeing as well as providing opportunities to increase net biodiversity gains through improved wildlife habitats.
- Making Carlisle a great and safe place, to walk, cycle, and use electric vehicles, alongside public transport systems will increase activity and reduce the carbon footprint of local journeys.

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Appendices attached to report:

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Note: in compliance with section 100d of the Local Government Act 1972 the report has been prepared in part from the following papers:

- None

Corporate Implications:

Legal -

Property Services -

Finance -

Equality -

Information Governance-