

# Report to Health & Wellbeing Scrutiny Panel

Agenda  
Item:  
**A.2**

Meeting Date: 8<sup>th</sup> April 2021  
 Portfolio: Communities, Health and Wellbeing  
 Key Decision: No  
 Within Policy and Budget Framework: Yes  
 Public / Private: Public

Title: DRAFT HEALTHY CITY TEAM PLANS - POST-COVID REBUILD  
 Report of: DEPUTY CHIEF EXECUTIVE  
 Report Number: CS.18/21

**Purpose / Summary:**

To update the Panel on the work of the Council’s Healthy City Team helping communities become healthier and more resilient for the future following Covid-19.

This report provides the Panel with an overview of the ongoing and planned activity of the Healthy City Team, demonstrating the Council’s contribution to the WHO Healthy City Phase VII programme and local Forum.

**Recommendations:**

That members of the Health and Wellbeing Scrutiny Panel review this report and provide appropriate comments and guidance.

**Tracking**

Executive:	n/a
Scrutiny:	<b>8<sup>th</sup> April 2021</b>
Council:	n/a

## 1. BACKGROUND

### 1.1. Healthy City Approach

The Healthy City Team's objective is to deliver 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 to bring our services together into one cohesive team that can deliver integrated programmes of work, encompassing Green Space management, Cultural offer, Sustainable Food, Volunteering, Community engagement and increasing physical activity.

The work in delivering Health and Wellbeing outcomes runs throughout many areas of the City Council including planning, environmental health, housing, policy and partnerships.

### 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 ongoing work within the Carlisle Community Resilience Forum during this pandemic has exemplified the need to maintain this focus and concentrate on narrowing the health inequalities that exist across the district.



## 2.2. The Cumbrian Context

### 2.2.1. Cumbria Joint Public Health Strategy

The Healthy City Team play a key role in contributing to the delivery of the Cumbria Joint Public Health 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 on two of them:

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

### 2.2.2. Healthy Weight Declaration

Carlisle City Council, along with the County, District and Parish Councils within Cumbria, has signed up to the Food Active Healthy Weight Declaration, committing to promote healthy weight across the county. The Healthy City Team supports both Carlisle and Cumbria Healthy Weight Partnerships, with particular focus on ensuring universal access to good food, safe places for exercise and play and mental health support.

### 2.2.3. Cumbria Recovery Strategy

Cumbria’s **Strategic Recovery Coordination Group** is currently consulting on proposals for a **Cumbria Recovery Strategy** (<https://cumbriarecovery.org/> - consultation closes 25<sup>th</sup> April 2021). The Chief Executive represents Carlisle City

Council on this Group, which is Chaired by Cumbria County Council. The proposed Recovery Strategy emphasises the need to reflect, rethink and reimagine the future, and sets 'Selflessness, Integrity, Objectivity, Accountability, Openness, Honesty and Leadership' as its guiding principles. Its recovery themes reflect five of the WHO '6 Ps': Prosperity, People, Place, Participation and Planet.

### **2.3. Evidence Base**

Healthwatch Cumbria was formed in 2013. It is an independent organisation set up to champion the views of patients and social care users in Cumbria, with the goal of making services better and improving health and wellbeing. It carries out survey work to get a better understanding of what people are experiencing.

In 2020 they carried out research during three separate periods to assess the impact of the pandemic. This, along with local feedback from the community of the impact of the pandemic, gives the team and the forum insights into how they should be responding.

The detail of the 'Healthwatch Together' research can be found in Appendix

1.CARLISLE'S RECOVERY FOLLOWING COVID 19

**2.4.** The WHO Healthy City Forum has encouraged partners to coalesce their actions in delivering on a range of interventions and initiatives throughout the district.

**2.5.** The table below shows the specific Strategic Focus and interventions/actions that the City Council Healthy City Team is leading or contributing to.

<b>(1) People</b> <i>Investing in the <b>people</b> who make up our cities</i>	<b>(2) Place</b> <i>Designing urban <b>places</b> that improve health and well-being;</i>	<b>(3) Participation</b> <i>Fostering greater <b>participation</b> and partnerships for health and well-being;</i>	<b>(4) Prosperity</b> <i>Improving community <b>prosperity</b> and access to common goods and services;</i>	<b>(5) Peace</b> <i>Promoting <b>peace</b> and security through inclusive societies</i>	<b>(6) Planet</b> <i>(Protecting the <b>planet</b> from degradation, including through sustainable consumption and production.</i>
<b>Strategic Focus</b>					
<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"> <li>-Promoting opportunities for healthy early years</li> <li>-Empowering older people to live healthy lives</li> <li>-Reducing social exclusion</li> <li>-Supporting and promoting public health priorities, such as healthy diet and weight.</li> </ul>	<p>We will prioritise aligning the social, physical and cultural environments in the following ways to promote inclusivity and health and wellbeing:</p> <ul style="list-style-type: none"> <li>-Improving recreation and leisure spaces</li> <li>-Influencing urban design.</li> <li>-Promote active travel opportunities</li> <li>-Enhancing Carlisle’s green and blue spaces to increase opportunities for formal and informal recreation</li> </ul>	<p>We will promote greater participation and partnerships for health and wellbeing with a focus on:</p> <ul style="list-style-type: none"> <li>-Preventing social isolation</li> <li>-Increasing physical activity opportunities</li> <li>-Collaborating with partners in delivering health interventions and volunteering opportunities</li> </ul>	<p>Improving community prosperity and access to common goods and services through:</p> <ul style="list-style-type: none"> <li>-Promoting community resilience</li> <li>-Supporting routes back to work through volunteering</li> <li>-Influencing healthy urban planning and design</li> </ul>	<p>Promoting peace and security through inclusive societies by:</p> <ul style="list-style-type: none"> <li>-Enhancing social cohesion, societal trust and community resilience</li> <li>-Ensuring culture, leisure, recreation and green spaces are safe</li> </ul>	<p>Protecting the planet from degradation, including through sustainable consumption and production by:</p> <ul style="list-style-type: none"> <li>-Mitigating and adaption our landscapes to climate change</li> <li>-Promoting biodiversity</li> </ul>
<b>Healthy City Team Delivery Actions</b>					
<p><b>Space to Talk.</b> A collaborative project of Carlisle City Council, Give A Day to the City, Carlisle Network, Carlisle Health Care and Carlisle Vineyard</p>	<p><b>Cultural Consortium.</b> A multi-agency group working to harness the rich arts, heritage and culture of the city of Carlisle for our future</p>	<p><b>Junior Football Club support</b> – we are supporting several junior football clubs to lease their own sites and build their clubs. For example, Harraby Catholic Clubs use of Keenan</p>	<p><b>Bits Park container village</b> – development of a temporary Cultural and Creative Village in Bits Park, using up-cycled shipping containers to create a vibrant new venue offering</p>	<p><b>Multi-Agency Problem Solving Group.</b> The City Council is a key member of this multi partner group which meets to solve community problems through collaborative working.</p>	<p><b>Climate Change Strategy</b> – supporting and delivering the actions from the strategy:</p> <ul style="list-style-type: none"> <li>• changing land use management for carbon sequestration</li> </ul>

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<p>Church to give people an opportunity to talk.</p> <p><b>Food Carlisle.</b> The Sugar Smart project is working with local schools and public health officers to encourage children to reduce their sugar intake from things like fizzy drinks.</p> <p><b>Social Prescribing.</b> Linking people with formal and informal opportunities to improve their health. E.g:</p> <p><b>Thriving Communities.</b> A partnership project between Tullie House, Carlisle City Council, Cumbria Wildlife Trust, Carlisle Health Care, Prism Arts, North Cumbria Integrated Care Trust along with others to increase social connectedness.</p>	<p>sustainability and growth.</p> <p><b>Sands Centre Redevelopment Project.</b> £25m project to give residents a modern, inviting leisure and wellbeing facilities.</p> <p><b>Promoting Active Travel.</b> For example, contributing to the CWIPS and delivering off road cycling and walking opportunities within Green Spaces and new developments.</p> <p><b>Active Spaces.</b> Taking a strategic approach to active spaces to deliver greater opportunities for physical activity, personal challenge, and social interactions for people of all ages.</p>	<p>Park changing facilities and pitches.</p> <p><b>Encouraging volunteering, social and health and wellbeing opportunities.</b> Delivering and supporting activities in the community, such as Health Walks, through place-based approach that focus on the wider determinants that impact population health.</p> <p><b>Leisure and MSK colocation.</b> NHS Musculo-Skeletal services located in our leisure facilities for a more collaborative approach to supporting health interventions.</p> <p><b>Tullie on Tour</b> – a joint project between CCC and Tullie House to deliver arts and culture sessions in community centres within wards hardest hit by C-19.</p>	<p>affordable accommodation for start-up craft, cultural and catering business, supported by networking and mentoring opportunities, that will provide catering, entertainment and outdoor recreation opportunities for residents and visitors.</p> <p><b>Urban planning.</b> Inputting into design of new developments to ensure that consideration is given to Green Space, Active Spaces and Health. Through involvement with St Cuthbert’s Garden Village a key design concept is “Start with the Park”.</p> <p><b>Health on the High Street.</b> Joint public organisation project to look at innovative approaches to give people better access to health care.</p>	<p><b>Community Events.</b> The City Council delivers and facilitates a wide range of community focused events to promote social cohesiveness.</p> <p><b>Community Emergency Response.</b> Working alongside the County Council, the Healthy City Team is helping to enhance community resilience and emergency planning. For example: we are working to increase the role of Community Centres, as hubs for emergency support to local communities, building on the ways in which some of them have been hosting Food Banks during the Covid 19 pandemic.</p> <p><b>Supporting Community Centres and the Third Sector.</b> E.g. grants to Community Centres, Law Centre, Citizens Advice Bureau, Sexual Assault Referral service.</p>	<ul style="list-style-type: none"> <li>introducing environmental management systems</li> <li>supporting sustainable food systems</li> <li>using lower carbon vehicles and equipment</li> </ul> <p><b>Carbon reduction</b> - Supporting low carbon travel through delivery of cycling and walking routes in new developments, within City Council Land and through partnership projects.</p> <p><b>Biodiversity improvements.</b> For example, we are working in partnership with Cumbria Wildlife Trust to transform The Swifts into wildlife rich urban green space. This forms part of the county wide Get Cumbria Buzzing project which is improving habitats for pollinators county wide.</p>



### **3. CONTRIBUTION TO THE CARLISLE PLAN PRIORITIES**

**3.1.** 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

**3.2.** 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:**

- **Appendix 1 – Healthwatch research**

**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 -**

**FINANCE –**

**EQUALITY –**

**INFORMATION GOVERNANCE –**

## **HEALTHWATCH TOGETHER RESEARCH**

- 1.** Healthwatch Together undertook three periods of research across Cumbria, Blackburn with Darwin, Blackpool and Lancashire during 2020, the first in March/April, the second in April/May/June and the third in June/July/August.
  - 1.1.** Findings from the first period were:
    - As the weeks progressed, some people began to feel severely anxious, stressed or depressed.
    - The biggest impact by far was being unable to visit and spend time with family and friends.
    - Many respondents also told us that they deliberately cultivated an acceptance of the current situation and tried to remain positive about it, seeking good in their situation.
    - However, as with physical health, it was a challenge for some to look after their emotional and mental health, the lockdown has affected them disproportionately.
  - 1.2** Findings from the second period, were:
    - Most people rated their mental health as good/very good, prior to the pandemic.
    - 12% of respondents felt that the pandemic has had a big impact on their mental health.
    - 1/3 had been affected financially.
    - 82% of people who have a phone or video consultation found it a positive experience. They liked the convenience of them and that they happened on time.
    - ¼ of respondents told us they have caring responsibilities.
    - 19 people said they were at risk of 'hidden crime' within the home. Five of them said they did not know how to get help.
  - 1.3** Positives outcomes from the pandemic were found to include:
    - A community spirit.
    - People being kinder and more friendly.
    - Spending time with family.
    - Having more time.
    - Appreciating the slower pace of life.

- Less stress.
- Less pollution.
- Spending time outdoors.
- Regular exercise.
- Appreciating other people.

**1.4** A sub-report from the second period focused on responses from LGBTQ people.

- 65% of LGBTQ people reported they suffered with a mental health issue, compared to only 32% of general respondents.
- On a scale of 0 = very poor and 100 = very good, LGBTQ respondents rated their mental health prior to the pandemic as 60, compared to an average of 78 for all respondents.
- On a scale of 0 = no impact and 100 = huge impact, the average for LGBTQ respondents was 54, compared to an average for all respondents of 37.

**1.5** Findings from the third period included:

- 38 people (out of 96 responses) said they had pre-existing medical condition. Out of these, 13 had their treatment delayed and 10 said that their treatment had stopped altogether.
- 27 People experienced a medical issue during Lockdown, but did not consult a medical professional about it.
- 51% of people said that contacting their GP Surgery during this time was either a 'very positive', or a 'positive' experience.
- 39% said it was 'neutral' and 10% 'negative'.
- 59% were worried about coming out of Lockdown
- 53% felt that restrictions had been lifted too early, 15% said they didn't know.