

**Director of Public Health**

**1. AskLiON, You and Your Health - [www.asklion.co.uk/youandyourhealth](http://www.asklion.co.uk/youandyourhealth)**

AskLiON is Nottingham's online community directory, allowing citizens to search for and access a wide range of activities and support available in their local area.

At the start of March we were pleased to launch new pages, focused on 'You and Your Health', with information and advice on a range of topics including becoming more active, eating well, quitting smoking, mental wellbeing, sexual health and more.

The pages are fully interactive and provide citizens with a wealth of practical tips and advice. Easy to use links encourage citizens to complete the 10 minute 'How Are You? Quiz', part of PHE's One You campaign, and get a free personalized health score as well as a range of other freely available resources. Useful apps such as 'Couch to 5k', a nine week running plan for beginners, are also downloadable. For those that need additional support there are links to information about local services.

This is a valuable resource, underpinning the Health and Wellbeing Boards Healthy Culture priority, ensuring that citizens can access the right information and support services in one place as well as promoting key messages on how to stay healthy and happy.

I would encourage all Board members to take the time to look at the new pages and consider how you can support us in promoting this resource to your service users.

**2. Adult Weight Management (on referral) – Slimming World**

I am pleased to say that February saw the launch of a new adult weight management service for Nottingham citizens. Referred citizens will have free access to a 12 week programme, delivered via weekly Slimming World classes.

This is a targeted service, with eligible citizens being identified and referred by a range of health professionals including GPs, midwives and Community Learning Disability nurses. To be eligible, citizens must live within Nottingham City or be registered with a City GP, and be overweight but motivated to lose weight and attended classes. Target groups within the eligibility criteria include;

- People of African, Caribbean and South Asian descent, especially women
- People with learning disabilities
- People with mental health problems
- Pregnant women
- Men

If you are a health professional working with the citizens in the above groups and would like further information about the referral process, please contact Claire Novak, Insight Specialist – Public Health at [Claire.novak@nottinghamcity.gov.uk](mailto:Claire.novak@nottinghamcity.gov.uk)

\*\*\*Watch this space \*\*\* In order to give patients choice and increasing accessibility Nottingham City Council will shortly be launching a digital weight management programme. This will be delivered by

Ladle, following a successful trial last summer and will be available to city residents who wish to lose weight.

### **3. Smoking Cessation services – Update**

The Council recognises the importance of reducing smoking prevalence in Nottingham City to improve the health and our citizens and reduce health inequalities. We have worked in conjunction with the Nottingham City GP Alliance, and I am pleased that together we are able to offer a smoking cessation service for Nottingham City residents.

The service will provide 12 weeks of behavioural support, alongside pharmacotherapy. Smokers who fall into the following categories can be referred by their GP's and other healthcare professionals;

- Pregnant & post-natal women (as well as their partners and others in the household who smoke)
- Adults with mental health problems
- Adults with substance misuse problems
- Adults with long term conditions, including those recently discharged from secondary care
- All adults for whom the clinician considers that a referral to the smoking cessation service is clinically indicated.

For more information about the service please visit the Nottingham City [GP Alliances website](#).

### **4. Nottingham City Mental Health and Wellbeing Strategy (2019-2023) – Consultation opening soon**

Public Health colleagues have worked alongside partners, particularly the Health and Wellbeing Boards mental health sub-group, to refresh the City's Mental Health and Wellbeing Strategy. The refreshed strategy will outline the overarching approach to improving the mental health and wellbeing of the citizens of Nottingham City. Its purpose is to provide a shared direction of travel that consolidates existing local plans and aligns to wider partnership strategies whilst identifying nuances specific to Nottingham City.

We will shortly be seeking your feedback. We are also keen that organisations encourage services users and their families and carers to respond to the consultation, once it is opened. Results of the consultation will be built into the final version of the strategy, before it is brought to the Health and Wellbeing Board for endorsement in the summer.

The draft strategy proposes that focus is placed on addressing mental health through three key areas:

- Mental illness prevention;
- Mental health promotion and early intervention; and
- Treatment and recovery.

In addition, actions across three crosscutting themes aim to tackle disparities in mental health:

- Employment;
- Mental health stigma; and
- Parity of esteem.

The draft strategy will shortly be available in full on the [Healthy Nottingham website](#) and Health and Wellbeing Board members will be informed by email. Details of how to submit your comments and consultation closing dates will also be published on the website.

## **5. Cervical Screening Saves Lives**

Public Health England has launched a major new national campaign 'Cervical Screening Saves Lives', to increase the number of women attending their cervical screening across England. Nottingham, like elsewhere in the Country has seen rates dropping in recent years.

The campaign encourages women to respond to their cervical screening invitation letter, and if they missed their last screening, to book an appointment at their GP practice. Around 2,600 women are diagnosed with cervical cancer in England each year but it is estimated that if everyone attended screening regularly, 83% of cervical cancer cases could be prevented.

Further information about the campaign and cervical screening is available on the [NHS website](#).

## **6. Ageing Well Day – June 2019**

Age Friendly Nottingham will be holding their annual 'Ageing Well Day' in Old Market Square on Tuesday 11<sup>th</sup> June. This a large scale event, free to attend and specially aimed at citizens aged 50+ and their carers. Last years event attracted 1000s of citizens. It is an ideal opportunity for health and care providers to promote their services and communicate key health and wellbeing messages.

If you/your organisation would like to be represented at Ageing Well Day 2019 please email [healthandwellbeing@nottinghamcity.gov.uk](mailto:healthandwellbeing@nottinghamcity.gov.uk) for further information.

## **7. It's for Me**

Nottingham City is committed to being the Fastest Growing City for Disability Sport. As part of this we are launching the 'It's for Me' campaign – encouraging more people who consider themselves who have a disability to visit our leisure facilities.

The campaign aims to dispel myths and misconceptions around accessibility, suitability and affordability, of the Councils eight leisure centres.

To find out more about the campaign, find out about accessible free and low cost activities and read inspirational real life stories visit the [Active Nottingham website](#).

## **8. Public Health Forum - Dementia**

To mark Dementia Awareness Week (20<sup>th</sup>-26<sup>th</sup> May 2019) the May Public Health Forum shall be focussed on dementia.

Wednesday 15<sup>th</sup> May – 1.45pm to 3.15pm – Committee Room, Loxley House

To find out more, be added to the mailing list or book your place please contact:

[healthandwellbeing@nottinghamcity.gov.uk](mailto:healthandwellbeing@nottinghamcity.gov.uk)

