

Director of Public Health

1. Nottingham Time to Change (NTTC)

As I have previously updated, Nottingham hosts one of eight Time to Change Hubs. The NTTC hub vision is to live in a city where people talk openly about mental health problems in the same way as physical health issues and without fear of stigma or discrimination.

Just six months in and NTTC has already exceeded the targets agreed with the national TTC team in March.

- 123 local individuals have expressed an interest in becoming TTC Champions

Champions have been busy attending meetings, participating in training sessions and supporting events where they can talk to members of the public. The national TTC team has been so impressed with the way in which Nottingham has engaged with local BAME communities that they are coming to Nottingham to film and interview individual champions.

- 15 local employers are on their way to completing the TTC Employer Pledge

All HWBB members agreed at the application stage of Nottingham TTC to encourage their organisations to sign the Employer Pledge. If your organisation has not yet started this process, I urge you to contact Sharan Jones, Insight Specialist – Public Health for further information, sharan.jones@nottinghamcity.gov.uk

The coming months will see some key events for the NTTC Hub. Further information will follow but for now the dates for you diary are:

- Official launch of the NTTC Hub at Nottingham Playhouse (Saturday 17th November)
- BAME NTTC Champions launch (Wednesday 17th October)

2. Know your Blood Pressure

Do you know your blood pressure? When was the last time you had it checked?

High blood pressure is the biggest risk factor for stroke, contributing to over 50% of all strokes. It is always a good idea to know your blood pressure. Nottingham City Council recently welcomed the Stroke association to Loxley House and invited colleagues to drop in, have a blood pressure check and receive information on how lifestyle choices can put you at a greater risk of having a stroke. In return colleagues made a small donation to support the work of the Stroke Association. This was a really popular event with 76 colleagues attending and further sessions planned.

If you would like to offer this opportunity in your organisation you can contact the Stroke Association's local fundraising office: midlandsfundraising@stroke.org.uk.

3. Be Clear on Cancer – raising awareness of lung cancer in Nottingham

The latest data from the Office of National Statistics shows that lung cancer continues to be the biggest cancer killer, responsible for in excess of 500 deaths a year in Nottinghamshire and Nottingham City. Early diagnosis is vital to save lives and improve quality of life.

Public Health England East Midlands has launched a ‘Be Clear on Cancer’ campaign in Nottingham, urging people to see a doctor if they are getting out of breath doing things they used to do, or if they’ve had a cough for three weeks or more, as these are key symptoms of lung disease. The campaign calls on people to look out for each other and encourage friends and family to visit the GP.

In addition, eligible citizens in Nottingham can participate in the lung cancer MOT project. This is targeted at citizens aged 60-75 years old, living in Aspley, Bilborough and Strelley. Eligible citizens will receive an invitation from their GP practice.

Bill, a resident from Bulwell, who was diagnosed with stage 1 lung cancer after attending a lung health check said, “I’m so glad I went to the lung health check. It saved my life. My doctor said it’s given me ten more years of life. If I hadn’t gone for that scan, I could be dead in a year’s time.”

For more information about the campaign, contact Robert Stephens, Insight Specialist – Public Health, Robert.stephens@nottinghamcity.gov.uk

4. International Older People’s Day – 1st October 2018

Nottingham is proud to be an Age Friendly City, as recognised by the World Health Association. Held annually, International Older Person’s Day, highlights the important contributions older people make to society. In celebration of International Older People’s Day, Age Friendly Nottingham will be offering health and wellbeing information days in local communities on the 1st October. A seminar, “Employment and Volunteering in Later Life” will also explore how people aged 50+ continue to contribute to society through employment and/or participating in formal/informal volunteering.

The event will take place at Loxley House from 10.20am until 1.00 pm. The morning will include a mixture of presentations and round table discussions with an opportunity to ask questions of the expert panel. Places are limited so booking is essential – please email healthandwellbeing@nottinghamcity.gov.uk or call 0115 876 3514 to book a place.

A promotional flyer with all the details of the event including the draft programme can be found at the end of this update.

5. Public Health Forums

As you may be aware, Nottingham City Council holds monthly public health forums. With topic-focussed sessions, these are a great opportunity to learn more about current public health issues and have your say. The next public health forums will be looking at:

- 10th October – Oral Health
- 14th November – Implications of our ageing population

To find out more, be added to the mailing list or book your place please contact: healthandwellbeing@nottinghamcity.gov.uk



**Age Friendly
Nottingham**

Age Friendly Nottingham celebrates International Older People's Day 1 October 2018

Seminar on Employment and Volunteering in Later Life

Age Friendly Nottingham (AFN) are marking International Older People's Day by holding a seminar that will explore how people aged 50+ continue to contribute to society through employment and/or participating in formal/informal volunteering.

The draft programme for the day includes

- 10.15 Refreshments and registration
- 10.30 Welcome and reflection of Age Friendly Nottingham's Achievements
Councillor Eunice Campbell-Clark, AFN's Older Citizens' Champion
- 10.40 The economic and community contributions of older citizens – reviewing both the national and local positions
Rachel Quinn, D2N2 Careers, Employability & Inclusion Manager
- 10.55 Round table discussions
- 11.30 Break
- 11.50 Volunteering opportunities in Nottingham
Jane Todd, OBE, DL, Hon LLB (Interim Chief Executive at NCVS)
- 12.05 Round table discussions
- 12.30 Question and answer panel
- 13:00 Close

The event will be held in Room LB 41 at Loxley House, Station Street, Nottingham NG2 3NG from 10.30 am until 1.00 pm.

Places are limited so booking is essential – please email healthandwellbeing@nottinghamcity.gov.uk for a place or call 0115 8763514