

Statutory Officers Report for the Nottingham City Health and Wellbeing Board – 28th November 2018

Director of Public Health

1. Nottingham Time to Change (NTTC)

On Saturday 17 November, I was delighted to attend the official launch of Nottingham's Time to Change Hub, with Councillor Sam Webster at Nottingham Playhouse. Time to Change hubs are networks of local organisations and individuals committed to ending negative attitudes and behaviours towards people experiencing mental health problems in their communities. NTTC activity comprises workplace and social contact events supported by Nottingham Time to Change Champions.

Both Nottingham Playhouse and Self Help UK (NTTC Hub Coordinators) signed the Time to Change Employer Pledge as part of the launch to demonstrate their commitment to change attitudes about mental health in the workplace and make sure that their employees who are facing these problems feel supported. All Health and Wellbeing Board members are requested to ensure that their organisations sign the Time to Change Employer Pledge.

The NTTC launch took place following the matinee performance of The Madness of George III. The performance was followed by a panel discussion about the nature of mental health. The panel was chaired by Lord Victor Adebawale, with professionals and people with lived experience sharing their stories about stigma and why it is so important to talk openly about mental health.

Although the NTTC hub has only been operational since March 2018, it has surpassed all targets with over 70 champions being trained, many from African and Caribbean communities, and 19 local businesses who have shown interest in signing the Employers' Pledge.

2. Age Friendly Nottingham (ATN)

In early October the Guardian published an article asking "What would an age-friendly city look like?". I was pleased to see recognition in the article of Nottingham's 'Take a Seat' scheme, as a positive example of what can be done to ensure older people are able to get out and about, keeping them active and reducing the risk of isolation.

There are now more than 330 locations across the city that offer a chair to older people who need to catch their breath when out and about. Locations are marked with a "We are age-friendly sticker".

'Take a Seat' has also been profiled as an example of good practice on the [Centre for Ageing Better's website](#), and it is hoped that by sharing learning and resources the scheme can be rolled out in other areas. Work is already underway to expand 'Take a Seat' across Nottinghamshire.

October also plays host to International Older People's Day. This year we marked the occasion with a seminar on 'Employment and Volunteering in Later Life'. Thank you to all

those who took part, feedback from the event will be used to inform the strategic approach being developed by the city.

3. 'Keep Antibiotics Working' campaign

PHE have re-launched their 'Keep Antibiotics Working' campaign, to alert the public to the risks of antibiotic resistance, urging them to always take their doctor, nurse or healthcare professional's advice in antibiotics.

Antibiotics are a vital tool used to manage infections, more than 3 million common procedures could become life-threatening without them. Antibiotics are frequently being used to treat illnesses such as coughs, earache and sore throats that can get better by themselves. Taking antibiotics encourages harmful bacteria to come resistant – which means that antibiotics may not work when you really need them

I would ask for all Board members support in promoting the key message of the campaign – **Taking Antibiotics when you don't need them puts you and your family at risk.**

PHE have published a range of resources to support the this campaign, including posters, which can be downloaded [here](#).

You can also support the campaign by sharing campaign materials on Twitter with #KeepAntibioticsWorking.

4. Public Health Forums

As you'll hopefully be aware, Nottingham City Council holds regular 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:

- 25th February – Children in Care and looked after children
- 13th March – Female Genital Mutilation

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