

Statutory Officers Report for the Nottingham City Health and Wellbeing Board – 30th January 2019

Director of Public Health

1. One You - <https://www.nhs.uk/oneyou/>

January is often a time when we consider making lifestyle changes and setting ourselves resolutions for the year ahead. 'One You' is a campaign that encourages adults to avoid future diseases by making small lifestyle changes such as eating well, drinking less alcohol, quitting smoking or being more active.

This January the Physical Activity, Obesity and Diet Network are focusing on promoting the Active 10 app. Active 10 is a free app which, once downloaded, shows users how much brisk walking they are currently doing each day and provides tips and encouragement in how they can fit ten minute bursts of brisk walking, known as an Active 10, into their day. A regular brisk ten minute walk every day has numerous health benefits.

How can you support the Active 10 campaign?

- Download the Active 10 app on to your phone and encourage others to do the same
- Add the banner below to your emails
- [Download or order](#) Active 10 leaflets, posters and other resources to help promote the campaign
- Tweet (or retweet) using #Active10

There are lots of opportunities to get free or low cost physical activity across Nottingham – here are some useful links:

- [Walking, outdoor gyms, orienteering and more in Nottingham's parks](#)
- [Parkrun – Free, 5km times run, jog or walk taking place every Sunday at 9am in two Nottingham locations](#)
- [Table tennis](#)
- [Get Out Get Active](#)
- [Notts Girl Can](#)
- [ParkLives](#)
- [Fit In The Community](#)
- Join [Active Nottingham](#) and use the city's eight leisure centres



2. Getting Active Together – Nottingham’s Local Delivery Pilot

Tackling levels of inactivity in Nottingham is a priority within our joint Health and Wellbeing Strategy, as well as a number of other plans and strategies in the city. I am delighted that by working in partnership One Nottingham, Active Notts and Nottingham City Council have been able to secure grant funding from Sport England to help make that happen.

The funding will be used to develop a systems-based approach to tackling inactivity in the city, recognising that there is no single solution and a broad range of action is needed. The pilot plans to target three priority areas; Broxtowe/Aspley, Bulwell and St Ann’s/Sneinton/Dales, taking an asset based community development (ABCD approach). This will mean a focus on the specific needs of the communities in those areas, ensuring that any interventions build on the assets, or strengths, which already exist. This is a great opportunity to test and learn from new approaches to reducing physical inactivity, working alongside local communities.

A steering group has been established for the Local Delivery Pilot but day-to-day it will be led by Amanda Chambers, who has recently started in post as Strategic Lead. If it is to be a success it will require the support of Health and Wellbeing Board members and organisations. Amanda is keen to have a conversation with Board members about the early learning from Sport England’s national Local Delivery Pilot programme and how this could help us in developing our approach in Nottingham and you are therefore welcome to contact her on: Amanda Chambers (Strategic Lead), Amanda.chambers@onenottingham.org.uk

3. Prevention is better than cure

It was encouraging to hear Matt Hancock, Health Secretary, state that ‘[prevention is better than cure](#)’, a principle which is at the heart of public health. In early November the Government published this policy document, setting out a vision for putting prevention at the heart of the nation’s health. It acknowledges that preventing ill-health is not only beneficial to individuals who live longer, healthier lives but it also vital for a strong economy and to reducing pressures on the NHS, social care and other public health services. Nationally we have seen great success in relation to prevention, for example mass vaccination programmes have substantially reduced the harm of many infectious diseases but there is much more that can be done, particularly in relation to the behavioural, social and environmental factors which have such a significant impact on our health. The vision states that prevention is everyone’s business and requires individuals, health and social care services, national and local governments must work together, alongside communities and employers. I am confident that the strong partnerships we have established within the Health and Wellbeing Board mean that Nottingham is well placed to do this. The Government have committed to publishing a Prevention Green Paper in the first half of 2019 and I look forward to seeing how this vision translates into action.

Prevention is also a strong theme, in the recently published [NHS Long Term Plan](#), along with a focus on early support and reducing health inequalities. Chapter Two sets out actions the NHS will take to strengthen its contribution to prevention and health inequalities, complementing the equally important roles of individuals, communities, local govern and businesses. With a focus on the top five risk factors causing premature deaths in England; smoking, poor diet, high blood pressure, obesity and alcohol and drug use, local areas will be required to set out specific measurable goals which will contribute to narrowing health inequalities in the next five and ten years. Air pollution and lack of exercise are also recognised as significant. The plan makes numerous commitments but

as always it will be the detail and local interpretation that will be most significant. Initial local plans are due to be published in April 2019.

4. Nottingham Time to Change (NTTC) – Employer Pledge

When an organisation signs the Time to Change (TTC) Employer Pledge they demonstrate their commitment to change how people think and act about mental health in the workplace and make sure that employees who are facing these problems feel supported. By signing the Pledge, they join a growing movement of almost 1,000 employers in England across all sectors from FTSE 100 companies and leading retailers to government departments and local authorities. Unfortunately, the number of local employers who have made this commitment to date is particularly low and I would like to request your assistance in promoting this Time to Change Employer Pledge Workshop within your own organisation and through your supply chains and other networks.

Why should organisations sign the TTC Employer Pledge?

Mental health is an issue organisations cannot ignore

- 1 in 4 British workers are affected by conditions like anxiety, depression and stress every year
- Mental ill-health is the leading cause of sickness absence in the UK, costing an average of £1,035 per employee per year
- 95% of employees calling in sick with stress give a different reason.
- Looking after the mental health of employees makes business sense: tackling stigma can make a real difference to sickness absence rates, staff wellbeing, productivity and retention. Since signing the Employer Pledge, 95% of employers said it had a positive impact on their organisation.

Employers also benefit from the FREE, ongoing specialised support and training offered through Time to Change.

What support is there for employers considering making a pledge?

To find out more about the [Employer Pledge](#), you are invited to the above workshop session that will include:

- A presentation giving more information
- A question and answer session
- Examples of workplace action plans in development and an opportunity to start drafting your own workplace action plan.

For more information on the Employer Pledge or to book your place at the workshop on 31 January, please email Nottingham Time to Change at sharan.jones@nottinghamcity.gov.uk.

5. Public Health Forums

With topic-focussed sessions, Public Health Forums 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

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

healthandwellbeing@nottinghamcity.gov.uk



Age Friendly
Nottingham

Avoiding scams, doorstep crime and staying safe

Wednesday 6 February 2019, 10.30 am – 12.30pm

Nottingham City Council, Loxley House, Ground Floor
Committee Room, Nottingham, NG2 3NG

Are you over 50 and want to find out more about protecting yourself and your home from doorstep crime and scams?

Age Friendly Nottingham invites you to a free seminar where local experts will be sharing preventative measures older citizens can take to avoid crimes and scams in the home and online.



- Hear about the latest scams affecting older people.
- Explore the best ways to improve home safety.
- Be clear on how to report suspicious activity and access support.
- Visit a marketplace of stallholders offering advice on remaining safe and independent in your home.

To reserve a place please email
healthandwellbeing@nottinghamcity.gov.uk

