



Health and Wellbeing Board

Date: FRIDAY, 2 FEBRUARY 2018
Time: 11.30 am
Venue: COMMITTEE ROOMS, GUILDHALL.

Members: Deputy Joyce Nash (Chairman)
Randall Anderson (Deputy Chairman)
Tom Anderson
Jon Averbs
Matthew Bell
Dr Penny Bevan
Andrew Carter
Glyn Kyle
Dr Gary Marlowe
Superintendent Helen Isaac
Simon Murrells
Jeremy Simons
Marianne Fredericks

Enquiries: Natasha Dogra tel.no.: 020 7332 1434
Natasha.Dogra@cityoflondon.gov.uk

Lunch will be served in the Guildhall Club at the rising of the Board.

John Barradell
Town Clerk and Chief Executive

Part 1 - Public Reports

1. **APOLOGIES OF ABSENCE**
2. **DECLARATIONS UNDER THE CODE OF CONDUCT IN RESPECT OF ITEMS ON THE AGENDA**
3. **MINUTES**
To agree the minutes of the previous meeting.
For Decision
(Pages 1 - 6)
4. **PRESENTATION: ACTIVE TRAVEL IN THE CITY OF LONDON**
The Board are invited to receive a presentation from Rory McMullen, Road Danger Reduction and Behaviour Change Manager.
For Information
5. **JHWS ACTION PLAN PROGRESS REPORT**
Report of the Director of Community & Children's Services.
For Information
(Pages 7 - 30)
6. **LOCAL GOVERNMENT DECLARATION ON SUGAR REDUCTION AND HEALTHIER FOOD**
Report of the Director of Community & Children's Services.
For Decision
(Pages 31 - 40)
7. **PREVENTING DRUG USE AMONG WORKERS IN THE CITY OF LONDON**
Report of the Director of Community & Children's Services.
For Decision
(Pages 41 - 46)
8. **MENTAL HEALTH TRAINING FOR CORPORATION STAFF**
Report of the Director of Community & Children's Services.
For Information
(Pages 47 - 50)
9. **UPDATE REPORT**
Report of the Director of Community & Children's Services.
For Information
(Pages 51 - 62)
10. **BARBICAN AND COMMUNITY LIBRARIES SUPPORT FOR HEALTH AND WELLBEING**
Report of the Director of Community & Children's Services.
For Information
(Pages 63 - 70)
11. **QUESTIONS ON MATTERS RELATING TO THE WORK OF THE BOARD**
12. **ANY OTHER BUSINESS THAT THE CHAIRMAN CONSIDERS URGENT**

HEALTH AND WELLBEING BOARD

Friday, 24 November 2017

Minutes of the meeting of the Health and Wellbeing Board held on Friday, 24 November 2017 at 11.30 am

Present

Deputy Joyce Nash (Chairman)
Randall Anderson (Deputy Chairman)
Jon Averbs
Matthew Bell
Andrew Carter
Glyn Kyle
Jeremy Simons
Paul Haigh (Co-opted Member)

Officers:

Neal Hounsell	Assistant Director, Commissioning and Partnerships, Community and Children's Services
Chris Pelham	Assistant Director, People, Community and Children's Services
Farrah Hart	Community and Children's Services Department
Simon Cribbens	Community and Children's Services Department
Sarah Greenwood	Community and Children's Services Department
Tizzy Keller	Community and Children's Services Department
Xenia Koumi	Community and Children's Services Department
Farrah Hart	Community and Children's Services Department
Sarah Thomas	Community and Children's Services Department
Nicole Klynman	Consultant in Public Health
Hector McKoy	City of London Police
Julie Mayer	Town Clerk's

In Attendance:

Dr Adi Cooper	City and Hackney Safeguarding Adults Board (for item 4)
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1. APOLOGIES OF ABSENCE

Apologies had been received from Tom Anderson, Dr Penny Bevan, Dr Gary Marlowe, Simon Murrells and Marianne Fredericks.

2. DECLARATIONS UNDER THE CODE OF CONDUCT IN RESPECT OF ITEMS ON THE AGENDA

There were no declarations of interest.

3. MINUTES

RESOLVED, that – the public minutes and non-public summary of the meeting held on 22 September 2017 be approved.

4. **CITY & HACKNEY SAFEGUARDING ADULTS BOARD ANNUAL REPORT**

The Board received a presentation and Annual Report of the City and Hackney Safeguarding Adults Board, as required by statute under the Care Act 2014. Dr Cooper set out the Headlines in the report in respect of key achievements; i.e. Safeguarding Adult Reviews; 2016-17 Data; Priorities for 2017-18; City Specific Contributions and Corporate and Strategic Implications.

During the discussion, the following points were noted:

- There had been 4 Safeguarding Audit Reviews (SARs) last year; this was unusual but indicated a high level of joint working.
- Whilst the number of City residents was small, there had been a slight decrease in the number of neglect cases. However, this category was still the highest and reflected the national position. Dr Cooper explained that this could be a result of raised awareness and more confident reporting.
- Deprivation of Liberty Safeguards had increased nationally following the '*Cheshire West*' Judgement in 2014. Dr Cooper assured Members that these safeguards were applied appropriately; by working closely with medical and social work professionals and the family concerned. Furthermore, the low number of residents in the City enabled the Assistant Director to engage directly with social workers before signing these off.
- The Assistant Director assured Board Members that the identities in the case studies were carefully protected; examples were loosely based on cases and genders were often changed.

RESOLVED, that – that the presentation and report be noted.

5. **CITY OF LONDON POLICE HEALTH AND WELLBEING UPDATE**

The Board received a report of the City of London Police in respect of the work the Police had been doing to promote health and wellbeing both inside and outside the Force.

Members were very pleased about the success of the Street Triage Pilot and were pleased to note that funding was in place to continue the scheme post 2018. Members particularly noted how the Pilot had freed up time for the Police and other emergency services and enabled potential suicides to get appropriate support and care at the scene. The Board would receive a full 6-month evaluation of the Pilot at their next meeting.

The Chairman also commended the City's considerable progress in managing the welfare of potential suicides and other mental health issues. The Port Health and Public Protection Director, who is also a member of the Suicide

Working Group, advised that the Group had strongly recommended that the Pilot continue. Members noted that, once the Pilot ended, the Police were keen to increase its hours, resources permitting, and were due to meet shortly to consider this further.

The Chairman had attended a seminar of Health and Wellbeing Board Chairmen and the City's Street Triage pilot had attracted considerable interest. In response to a question about extending the scheme to the Metropolitan Police, the officer advised that this might be challenging, given that the MET covered 32 London Boroughs and the City's compactness was a distinct advantage. Members also noted that the London Ambulance Service had introduced a Mental Health Triage Team and the officer agreed to contact them to ensure seamless working.

In response to a question about increased sickness levels within the City of London Police, in respect of mental health issues, the officer advised that HR were looking at reasons and trends more closely and would produce a report for the Senior Leadership Team. The Board noted that all staff had received training in recognising mental health issues and symptoms in colleagues and how to cope with any issues they might be having themselves. The officer agreed to provide a further update at the next meeting of the Board.

RESOLVED, that – the report be noted.

6. DRAFT CODE OF PRACTICE FOR DECONSTRUCTION AND CONSTRUCTION SITES EIGHTH EDITION 2017

The Board received a report of the Director of Markets and Consumer Protection and noted that the City of London Corporation's Code of Practice for Deconstruction and Construction Sites was first published in 2013. The Code required refreshing and updating to reflect current best practice. An Eighth Edition (2017) had been produced to set out simply and clearly what constituted acceptable site practice within the City and would assist developers, architects, engineers and construction professionals to plan, cost and manage environmental issues. The Draft Code reflected the City's increased emphasis on improving air quality, alongside updated chapters on noise and contaminated land. Members noted that the Draft Code had been approved by the Port Health and Environmental Services (PHES) and Planning and Transportation Committees.

The Chairman had contributed to the questions to Counsel and an opinion was expected by the end of December. Consultation would continue until the Spring and a report on the outcome would be presented to the PHES Committee. All Board Members were invited to contribute to the Consultation.

The City of London Corporation Ward Members on the Board were particularly concerned about the impact of unreasonable noise levels on their constituents and were keen to ensure that the Code would be appropriate and ready in time

for the long term works to the Museum site, which would impact on residents and businesses surrounding the Rotunda.

Resolved – that:

1. The report be noted.
2. The Port Health and Environmental Services Committee be asked to note the concerns of the Health and Wellbeing Board in respect of the workforce and residents of the City of London, as set out in this minute.

7. **SUSTAINABLE CITY AWARDS**

The Board noted that the City of London Corporation had been heavily involved with the Sustainable City Awards. From 2018, the Sustainable City Awards would be moving to a corporate sponsorship model, although the full details of this had not yet been confirmed.

London Sustainability Exchange had requested that Members of the Health and Wellbeing Board continue to lend their support in judging the Health and Wellbeing Category in this year's awards. This request was supported by the Assistant Town Clerk and the Director of the Built Environment. The Chairman thanked Jon Averbs and Glyn Kyle for their support last year and they agreed to help again this year.

RESOLVED, that –Health and Wellbeing Board representative(s) be part of the judging panel for the Health and Wellbeing Award at the 2018 Sustainable City Awards.

8. **BETTER HEALTH FOR LONDONERS CONSULTATION RESPONSE**

The Board received a report of the Director of Public Health, the appendix to which set out the draft City's response to the '*Mayor of London – Better Health for all Londoners*' London Health Inequalities Strategy Consultation. The Co-opted Member for the Care Commissioning Group advised that their comments would be submitted next week. The Chairman welcomed the Mayor of London's ambitious plans, whilst being realistic about the City of London Corporation's small residential population.

RESOLVED, that – the City's response be approved and the opportunities for London to take action be noted.

9. **HEALTH AND WELLBEING UPDATE REPORT**

The Board received a report of the Director of Community and Children's Services, which provided an overview of local developments and policy issues related to the work of the Board, where a full report was not necessary.

In respect of the Christmas Campaign 2017, as set out in the report, the Director of Port Health and Public Protection suggested that the City of London Corporation's Licensing Team might be able to offer advice in respect of moderate drinking; ie the Club Soda initiative, and the Community and Children's Services officers agreed to consider joint working.

RESOLVED, that – the report be noted.

10. QUESTIONS ON MATTERS RELATING TO THE WORK OF THE BOARD

There were no questions.

11. ANY OTHER BUSINESS THAT THE CHAIRMAN CONSIDERS URGENT

The Chairman asked the Board to record their thanks for a Board Member and an Officer who would shortly be retiring.

Neal Hounsell, the Assistant Director, Commissioning and Partnerships, had supported the Board since its outset and the Chairman welcomed his successor, Simon Cribbens. In response, Neal thanked the current and previous Chairmen and Deputy Chairmen of the Health and Wellbeing Board. Neal also paid tribute to the work of Farrah Hart and her team.

Paul Haigh, Co-opted Member for the Care Commissioning Group (CCG) was also thanked for his support and advice to the Chairman. In response, Paul thanked the Chairman and hoped that his time on the Board had helped to raise the profile of the City in terms of the work of the CCG. Members noted that, going forward, that Jane Milligan the new Single Accountable Officer for all CCGs in North East London would replace Paul from December 1st but there would be Managing Directors in post for each CCG area. Mr Haigh suggested that either the single accountable officer or the managing director could be a co-optee to the Health and Wellbeing Board going forward.

12. EXCLUSION OF PUBLIC

Resolved - That under Section 100A (4) of the Local Government Act 1972, the public be excluded from the meeting for the following items of business on the grounds that they involve the likely disclosure of exempt information as defined in Paragraph 3 of Part I of Schedule 12A of the Local Government Act.

Item no	Paragraph No
13	2

13. BI-ANNUAL PERFORMANCE REPORT

Members noted a report of the Director of Community and Children's Services.

14. NON-PUBLIC QUESTIONS ON MATTERS RELATING TO THE WORK OF THE BOARD

There were no questions.

15. ANY OTHER BUSINESS THAT THE CHAIRMAN CONSIDERS URGENT AND WHICH THE BOARD AGREES SHOULD BE CONSIDERED WHILST THE PUBLIC ARE EXCLUDED

There was no urgent business.

The meeting ended at 12:40pm.

Chairman

**Contact Officer: julie mayer tel.no.: 020 7332 1434
julie.mayer@cityoflondon.gov.uk**

Committee	Dated:
Health and Wellbeing Board	02.02.2018
Subject: Joint Health and Wellbeing Strategy Action Plan update	Public
Report of: Andrew Carter, Director of Children and Community Services	For Information
Report author: Tizzy Keller, Strategy Officer (Health and Children)	

Summary

This report outlines the progress of the action plan which underpins the City of London Joint Health and Wellbeing Strategy

The action plan sets out how the City of London Health and Wellbeing Board will deliver the Joint Health and Wellbeing Strategy in order to improve the health of City residents, workers and rough sleepers. This report updates the Board on what has been achieved and the progress made against the 5 priorities:

1. Good mental health for all
2. A healthy urban environment
3. Effective health and social care integration
4. Children have the best start in life
5. Promoting healthy behaviours

The majority of actions on the Joint Health and Wellbeing Strategy are on-track and progressing. Some actions have been delayed and will not meet their initial timescale but but no actions were reported to have significant issues that will obstruct its implementation.

Recommendation

Members are asked to:

- Note the report.

Main Report

Background

1. The Health and Social Care Act 2012 requires Health and Wellbeing Boards to produce a Joint Strategic Needs Assessment (JSNA) and Joint Health and Wellbeing Strategy (JHWS). The City of London Health and Wellbeing Board approved a new Joint Health and Wellbeing Strategy in January 2017 following consultation with a range of stakeholders, including a series of local events and engagement with residents and workers in the City of London.

2. The Strategy outlined the Health and Wellbeing Boards five priorities:
 - Priority 1: Good mental health for all
 - Priority 2: A healthy urban environment
 - Priority 3: Effective health and social care integration
 - Priority 4: Children have the best start in life
 - Priority 5: Promoting healthy behaviours
3. An Action Plan which outlines how we will deliver the vision and priorities of the Joint Health and Wellbeing Strategy was developed in conjunction with the Health and Wellbeing Advisory Group and approved by the Health and Wellbeing Board in June 2017. The Joint Health and Wellbeing Strategy Action Plan lists actions under the strategy's five priorities. The action plan aims to draw together the key pieces of work being done by the Corporation and its partners to improve health and wellbeing in the City of London.
4. To monitor the progress of the action plan and strategy, the Health and Wellbeing Board receives a bi-annual performance report which provides the figures for the key performance indicators that were developed alongside the action plan as well as this report, which provides an update on the progress for each action.

Current Position

5. The action plan with an update and RAG rating for each action is attached as Appendix 1. The action plan is progressing well and the majority of actions are green (on track). Highlights for each priority are outlined below

Priority 1: Good mental health for all

6. Six out of seven actions in this priority are green and one is amber:
 - 8.1 The mental health strategy and action plan is being monitored and is progressing well; however the action to review and renew the strategy has been delayed due to lack of resources to take this forward. This action will be given priority and will be progressed in the first half of 2018.
 - 8.2 The majority of actions in the priority are on-track. The Dragon café, an informal creative and safe space for people to meet and take part in a range of activities which aims to increase mental wellbeing in City workers and residents, is due to launch in February 2018. A financial abuse partnership event was held in December 2017 to raise awareness amongst professionals and community leaders. 100% of delegates said they felt better able to signpost vulnerable residents to sources of help.

Priority 2: A Healthy Urban Environment

9. Four out of five of these actions are green and one is amber.
 - 9.1 The housing strategy has fallen slightly behind schedule but a first draft is currently being produced and is due to be signed off by Summer 2018.

- 9.2 The Public Health team works successfully with with a number of departments to support the implementation of strategies and activities that improve the City environment. The Health and Wellbeing Advisory group is now established as a forum for information sharing and joint working on health issues across the Corporation and Police.

Priority 3: Effective health and social care integration

- 10 All of these actions are green or blue. The BCF plans for 2017/19 have been approved and the plans for 2017/18 are being delivered. The integrated commissioning governance structure has been set up and the workstreams are progressing well.

Priority 4: Every child has the best start in life

- 11 4 out of 6 of these actions are green, one is amber and one is red.
- 11.1 The delivery of a parental employment programme has been delayed but this has been highlighted as a priority in the new CYPP and will be delivered in the first half of 2018.
- 11.2 The action to better communicate outdoor play options to residents, schools and children centres was delayed but Open Spaces and Public Health are now working closely together to provide better information to schools, childrens services and online. In addition, options for increasing outdoor play areas will be a consideration during the City gardens audit due to commence in March 2018.
- 11.3 The draft CYPP 2018-21 has been developed and is currently out for public consultation. It is due to be signed off at Community and Children Services Committee in April.

Priority 5: Promoting Health Behaviours

- 12 Two of these actions are amber and twelve are green.
- 12.1 The development of a corporate alcohol strategy has fallen behind schedule but has been picked up and is being progressed and due to begin committee sign off in June 2018. The trading standards team have decided to delay working with gyms to improve cancellation clauses because they have not had any complaints about this. The public health team will work with them to develop a new approach to encourage City workers and residents to take out gym memberships.
- 12.2 The sexual health transformation is on track. The sexual health E-service launched on 8 January and a new sexual health clinic in the City is due to open in April 2018.

Corporate & Strategic Implications

- 13 The Joint Health and Wellbeing Strategy Action Plan supports the following priority from the Department of Community and Children's Services Business Plan: Priority Two – Health and Wellbeing: Promoting the health and well-being of all City residents and workers and improving access to health services in the square mile.

Implications

- 14 The Joint Health and Wellbeing Strategy is a statutory document and the action plan outlines how the vision set out in the strategy will be delivered.

Health Implications

- 15 The successful implementation of the Joint Health and Wellbeing Strategy Action Plan will have a positive impact on health and wellbeing in the City of London.

Conclusion

This report updates members on progress of the Joint Health and Wellbeing Action Plan which sets out how the City of London Corporation will deliver the Joint Health and Wellbeing Strategy. The majority of actions in the plan are on track.

Appendices

- Appendix 1 – Joint Health and Wellbeing Action Plan '17-'20

Tizzy Keller

Strategy Officer, Health and Children

T: 020 7332 3002

E: tizzy.keller@cityoflondon.gov.uk

Joint Health and Wellbeing Strategy Action Plan City of London

Joint Health and Wellbeing Strategy Action Plan/2017-2020

2017-2020

Name	Joint Health and Wellbeing Strategy Action Plan		
Duration:	2017-2020		
Relevant strategies:	Noise, Air Quality, Social Wellbeing, Mental Health, Suicide Prevention,		
Board responsible for monitoring plan:	Health and Wellbeing Board		
Owner:	Consultant in Public Health		
Implementation date:	June 2017	Review date:	June 2018

Priority:	Good mental health for all						
Objective (if applicable):	For more children, adults and older people in the City of London to have good mental health.						
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG rating
1.1	Implement the Mental Health Strategy and Action Plan <ul style="list-style-type: none"> Provide annual implementation and performance reports to the Health and Wellbeing Board Review and renew the strategy 	March 2015	March 2018 January 2018 January 2018	<ul style="list-style-type: none"> Reduced occurrence, severity and duration of mental ill health 	DCCS (Strategy Officer, Health and Children)	<ul style="list-style-type: none"> The board was provided with an update report on the MH action plan at the September meeting. 90% of actions are on track or completed The action to review and renew the Mental Health strategy has fallen behind schedule but will be undertaken in the first half of 2018. 	Amber
1.2	Implement the Suicide Prevention Action Plan <ul style="list-style-type: none"> Provide annual implementation and performance reports to the Health and Wellbeing 	June 2017	June 2020 June 2018	<ul style="list-style-type: none"> Reduction in suicides and suicide attempts in the City of London 	DCCS (Strategy Officer, Health and Children); City of London Police	The suicide prevention group met in November and progress has been good on most actions. The HWB board will be provided with an update on the action plan in June 2018	Green

Joint Health and Wellbeing Strategy Action Plan/2017-2020

Priority:		Good mental health for all					
Objective (if applicable):		For more children, adults and older people in the City of London to have good mental health.					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/ partner:	Update	RAG rating
	Board				M&CP / Port Health & Public Protection (Lead Officer - Health & Safety)		
1.3	Implement the Social Wellbeing Strategy and action plan <ul style="list-style-type: none"> • Social Wellbeing Action Plan complete • Annual update to Health and Wellbeing Board 	June 2017	June 2020 Sep 2017 June 2018	<ul style="list-style-type: none"> • Increased wellbeing among target groups as measured by the Loneliness Measurement Tool 	DCCS (Strategy Officer, Housing and Adults)	Social wellbeing strategy was approved by the HWBB in June 2017. The action plan is being implemented. The Health and Wellbeing Board will be provided with an update report at the June 2018 meeting.	Green
1.4	Investigate the feasibility of creating a workplace health centre in the City, which would offer specific support for mental health, particularly for lower-paid City workers. <ul style="list-style-type: none"> • Scoping document for workplace health centre to be taken to Health and Wellbeing board 	April 2017	Decemb er 2017 Decemb er 2017	<ul style="list-style-type: none"> • Feasibility study complete 	DCCS (Public Health Consultant; Project Officer, Business Healthy)	<ul style="list-style-type: none"> • Dragon Café in the City is launching as a six-month pilot on 8th February, part-funded by the City of London Corporation • Progress is being made with regards to a mental health facility in the City, ideally offering a combination of CBT and psychotherapy through full-fee and lower-fee options. Currently potential premises are being examined for their feasibility. 	Green

Priority:		Good mental health for all					
Objective (if applicable):		For more children, adults and older people in the City of London to have good mental health.					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG rating
1.5	<p>Promote initiatives in the Square Mile that encourage employers to support staff with mental health issues, such as the Lord Mayor's Appeal's "This is Me – In the City"</p> <ul style="list-style-type: none"> • Business Healthy to recruit 10 new organisations to the This is Me campaign • CoLC to promote the London Healthy Workplace Charter. 	<p>June 2017</p> <p>June 2017</p>	<p>June 2018</p> <p>June 2020</p>	<ul style="list-style-type: none"> • Increased participation in initiatives and events by employers • Increased use of relevant Business Healthy resources 	DCCS (Business Healthy Project Officer) M&CP / Port Health & Public Protection (Lead Officer - Health & Safety)	Continued promotion of City-focused initiatives such as This is Me – In the City and the London Healthy Workplace Charter (LHWC) through the Business Healthy website, newsletter, social media and events. This past year, at least two Business Healthy members (one SME) were accredited to the LHWC. Business Healthy played a key role in the "Thrive in the City" day-long programme of free activities and workshops in November 2017. Opportunities to continue and expand this work are being sought.	Green
1.6	<p>Signpost City workers and residents to support for mental health issues</p> <ul style="list-style-type: none"> • Promote 24/7 crisis hotlines with a marketing campaign targeting primarily resident and City worker males (using Kent's Release the Pressure campaign) Follow up survey (September 2017) 	June 2017	17 th July 2017	<ul style="list-style-type: none"> • advertising campaign in place • increase in website traffic to MH service page of COL website • Positive impact reported by survey 	DCCS /Public Health consultant; Project Officer, Business Healthy)	<p>"Release the Pressure" advertising complete, but campaign still ongoing (with local employers) and at key milestones, e.g. World Suicide Prevention Day (October 2017). Campaign seen almost 30 million times across 4-week advertising campaign and traffic to the MH webpage of CoL website increased tenfold.</p> <p>Survey complete – low response rate from City employers, but provided qualitative evidence that campaign was</p>	Green

Priority:		Good mental health for all					
Objective (if applicable):		For more children, adults and older people in the City of London to have good mental health.					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/ partner:	Update	RAG rating
						positively received	
1.7	<p>Identify those who may be at risk of financial abuse in the City of London and develop work to raise awareness of the range of risks/methods associated with this form of abuse and how residents can protect themselves.</p> <ul style="list-style-type: none"> • The co-ordination of data sharing between partners • Identify vulnerable residents. • An awareness and prevention leaflet circulated to residents. • A proactive awareness-raising service offer developed for residents. • A launch event to coincide with International Fraud Awareness week 	May 2017	<p>May 2018</p> <p>May 2018</p> <p>May 2018 June 2017</p> <p>November 2017</p> <p>November 2017</p>	<ul style="list-style-type: none"> • Increased awareness and resilience to risk • Reduction in financial abuse of children, young people and adults 	M&CP / Port Health & Public Protection (Trading Standards Manager) DCCS (Assistant Director, People)	<ul style="list-style-type: none"> • A dataset has been produced to combine data from Adult Social Care, City Police / Action Fraud and City Advice. • A public awareness raising campaign was held during Scams Awareness Month 2017. • A letter has been sent to all Adult Social Care service users, offering an advice visit from Trading Standards. • A partnership event was held on 4 Dec to raise awareness amongst professionals and community leaders. 100% of delegates said they felt better able to signpost vulnerable residents to sources of help 	Green

Joint Health and Wellbeing Strategy Action Plan/2017-2020

Priority:		A healthy urban environment					
Objective (if applicable):		To create a healthy place for people who live in, work in and visit the City of London					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG
2.1	Support the implementation of the Air Quality Strategy <ul style="list-style-type: none"> Develop and promote an improved system for notifying City residents and workers of pollution incidents Reduce emissions from new developments through publication of a Supplementary Planning Document for air quality Develop and implement an action plan for reducing emissions from combustion plant machinery 	June 2017	March 2020 November 2017 August 2017 March 2018	<ul style="list-style-type: none"> Improved air quality (reduced particulate matter and reduce NOx emissions) 	MCP / Port Health& Public Protection (Air Quality Manager)	<ul style="list-style-type: none"> Appointed a new Communications Assistant to manage air quality messages. Increased social media presence and developing agreed messages to be disseminated on days of high air pollution. Exploring options for dedicated web site to manage air quality information. Supplementary Planning Document complete and available on City web site All construction sites inspected for compliance with new requirements to control emissions from combustion plant Best practice guidance for reducing emissions from plant machinery being developed. Assisting DEFRA with guidance over new legislative controls for emissions from large combustion plant 	Green
2.2	Support the Implementation of the Noise Strategy <ul style="list-style-type: none"> Reduce environmental impacts of construction and demolition by 	June 2017	March 2026 June	<ul style="list-style-type: none"> Report produced and evidence 	M&CP / Port Health & Public Protection (Pollution Team)	<ul style="list-style-type: none"> Updated 8th edition of the Construction Code of Practice agreed and published including updates on best practice and funding mechanism for additional 	Green

Joint Health and Wellbeing Strategy Action Plan/2017-2020

Priority:		A healthy urban environment					
Objective (if applicable):		To create a healthy place for people who live in, work in and visit the City of London					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG
	consulting on a draft and launching a refreshed and updated Construction Code of Practice. <ul style="list-style-type: none"> Investigate options for improving the evidence base for noise and soundscape issues and produce a report of recommendations. 		2018 March 2018	base proposed	Manager)	monitoring <ul style="list-style-type: none"> Consultation on the current practice of allowing Saturday working to be undertaken this calendar year A social survey of City stakeholder's assessment of noise matters is being undertaken to be completed by Easter as part of the evidence base on noise/soundscape issues 	
2.3	Ensure health and wellbeing is considered and incorporated into the Local Plan <ul style="list-style-type: none"> Public Health to engage with consultation and scoping meetings for the Local Plan and identify health and wellbeing considerations 	June 2017	November 2017 November 2017	<ul style="list-style-type: none"> Health and wellbeing considerations incorporated into the Local Plan 	DCCS/ Public Health (Strategy Officer, Health and Children)	<ul style="list-style-type: none"> PH team attended scoping meetings and contributed to the issues and options consultation. The team will comment on the Healthy and Inclusive City chapter before it is finalised. 	Green
2.4	Raise profile of Health and Wellbeing Board agenda and Health in All Policies. <ul style="list-style-type: none"> Hold a learning lunch for staff on health and wellbeing and the influence different departments can have Coordinate Health and Wellbeing Board Advisory group with senior officers from across the City Corporation. 	May 2017	May 2018 December 2017 Ongoing	<ul style="list-style-type: none"> Increased awareness and reference to health issues in corporate and departmental policies 	DCCS (Executive Support Officer)	<ul style="list-style-type: none"> The standard template for committee reports now includes a "health implications" section, prompting officers and Members to consider the impact that policy changes will have on health and wellbeing. Health and wellbeing plays an important role in the Corporate 	Green

Priority:		A healthy urban environment					
Objective (if applicable):		To create a healthy place for people who live in, work in and visit the City of London					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG
						Plan. <ul style="list-style-type: none"> The Health and Wellbeing Advisory Group has become a useful forum for information sharing and joint working on health issues across the Corporation and Police. For instance, the Group has worked on tackling financial abuse, suicide prevention, joint events and health promotion campaigns, a coordinated response to the Better Health for Londoners consultation. Learning lunch for staff planned for 2018. 	
2.5	Develop a Housing Strategy which will look at our approach to housing management and set out approach to delivering 700 new home in the Housing Revenue Account by 2025. <ul style="list-style-type: none"> Finalised strategy to be presented at the Health and Wellbeing Board 	June 2017	March 2018 March 2018	<ul style="list-style-type: none"> New homes delivered 	DCCS (Strategy Officer, Housing and Adults)	A needs assessment has been completed. This will form the evidence base of the strategy. A first draft of the strategy is being produced. This is now somewhat behind timescale but is progressing.	Amber

Joint Health and Wellbeing Strategy Action Plan/2017-2020

Priority:		Effective health and social care integration					
Objective (if applicable):		That further development of integrated health and social care services reflect and meet City residents' needs effectively					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG
3.1	Maintain a focus on integration at the Adult Wellbeing Partnership, SEND Programme Board, Children's Executive Board and other key strategic forums with partners	Ongoing	Ongoing	• City needs and opportunities for health are identified and articulated	DCCS/ Integration Programme Manager	Integration is a standing item on a wide range of forums	Green
3.2	Better Care Fund 2017 - 19						
	Secure approval of Better Care Fund for 2017/18	April 2017	March 2018	• City of London plans approved by NHSE	DCCS/ Integration Programme Manager	Better Care Fund approved by NHSE	Green
	Secure approval of Better Care Fund for 2018/19	April 2018	March 2019	• City of London plans approved by NHSE	DCCS/ Integration Programme Manager	The BCF plan covered two years (2017/19) and an outline plan for 2018-19 was part of the approved plans. Confirmation detail is likely to have to be submitted ahead of 2018-19	Green
	Meet national conditions for BCF for 2017/18	April 2017	March 2018	• National conditions met	DCCS/ Integration Programme Manager	All national conditions met and plan approved	Green
	Meet national conditions for BCF for 2018/19	April 2018	March 2019	• National conditions met	DCCS/ Integration Programme Manager	National Conditions unlikely to change for 2018-19	Green
	Delivery of BCF plans 2017/18	April 2017	March 2018	• Delivery of BCF plans on time and to budget	DCCS/ Integration Programme Manager	The schemes in the BCF are ongoing schemes and are	Green

Priority:		Effective health and social care integration					
Objective (if applicable):		That further development of integrated health and social care services reflect and meet City residents' needs effectively					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG
						already established	
	Delivery of BCF plans 2018/19	April 2018	March 2019	• Delivery of BCF plans on time and to budget	DCCS/ Integration Programme Manager	The schemes in the BCF are ongoing schemes and are already established	Green
3.3	Integrated Commissioning						
	Establishment of integrated commissioning governance for the City of London		April 2017	• City Integrated Commissioning Board established	DCCS/ Integration Programme Manager	The integrated commissioning governance structure was in place and has been in operation since April 2017. It is kept under review to respond to any changes in context	Blue
	Workstreams, Transformation Board and ICBs receiving City specific information where appropriate and necessary	Ongoing	Ongoing	<ul style="list-style-type: none"> • Appropriate City representation within governance structure • City element of agendas / reports and work undertaken 	DCCS/ Integration Programme Manager	There is City representation on each of the workstreams and sub-groups where appropriate. The City is also represented on the Transformation Board. Workstream Directors attend City	Green

Joint Health and Wellbeing Strategy Action Plan/2017-2020

Priority:		Effective health and social care integration					
Objective (if applicable):		That further development of integrated health and social care services reflect and meet City residents' needs effectively					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG
						of London Integration Programme Board to talk to Officers in more detail about specific transformation projects and City views. Each report that goes to Transformation Board and ICB has a specific box for authors to complete on implications for the City of London.	

Priority:		All Children have the best start in life					
Objective (if applicable):		Every child to reach their full potential					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:		

4.1	<p>Work with school staff to come up with and deliver offer for Sir John Cass Primary School to contribute to Healthy School application</p> <ul style="list-style-type: none"> Sir John Cass Primary School to be accredited as a Healthy School 	June 2017	<p>June 2018</p> <p>June 2018</p>	<ul style="list-style-type: none"> The school promotes healthy eating and physical activity. Healthy school status achieved 	DCCS (Public Health Commissioning Manager, Strategy Officer, Health and Children)	<p>The PH Commissioning manager met with the school. They have a range of activities occurring relating to healthy eating and physical activity including:</p> <ul style="list-style-type: none"> Gardening club to grow vegetables Cooking classes Fruit and veg provided for each class every day Exercise classes hip hop tots, athletics. City walks <p>When the new obesity service is in place it will be providing the school with services including nutrition advice for their school meals</p>	Green
4.2	<p>Develop a service to increase levels of parental employment in the City</p> <ul style="list-style-type: none"> Service specification developed Service delivered to City residents 	June 2017	<p>June 2018</p> <p>Aug 2017 November 2017</p>	<ul style="list-style-type: none"> Level of participation in programme Employment outcomes secured 	DCCS (Strategy Officer, Health and Children)	<p>This has been delayed but is a priority on the new CYPP and will be taken forward in early 2018.</p>	Amber

4.3	<p>Develop a Children and Young People's Plan</p> <ul style="list-style-type: none"> Develop comprehensive child health needs assessment 	June 2017	March 2018 September 2017	<ul style="list-style-type: none"> Finalised plan to be presented to Health and Wellbeing Board 	DCCS (Strategy Officer, Health and Children)	<p>A draft of the CYPP has been developed and is currently out for consultation.</p> <p>A summary of the Child Health Needs Assessment is provided in the February Health and Wellbeing Update report</p>	Green
4.4	<p>Review childhood obesity services with the London Borough of Hackney and agree a revised strategy</p> <ul style="list-style-type: none"> Strategy for commissioning childhood obesity services developed and implemented 	June 2017	April 2018 September 2017	<ul style="list-style-type: none"> Services aimed at reducing childhood obesity commissioned jointly with the London Borough of Hackney 	DCCS (Strategy Officer, Health and Children)	<p>These have been reviewed and the new obesity service is due to be in place in 2018.</p>	Green
4.5	<p>Promote MECC training to frontline staff working with children.</p> <ul style="list-style-type: none"> Make Every Contact Count training provided for frontline staff (including schools and children centres) to partners 	June 2017	May 2020 October 2017	<ul style="list-style-type: none"> Increased participation in training 	DCCS (Strategy Officer, Health and Children)	<p>The electronic training has been shared with partners, including schools and children centres.</p> <p>As part of the integration a more comprehensive training offer is being developed which will be targeted at hospital staff and social services</p>	Green

4.6	<p>Work with Open Spaces to promote opportunities for play for young people within the City of London and also open spaces outside of the Square Mile</p> <ul style="list-style-type: none"> • Communications strategy developed for Children's Centres and other partners to promote opportunities for play. 	June 2017	<p>May 2020</p> <p>December 2017</p>	<ul style="list-style-type: none"> • Increased awareness and take up of opportunities 	DCCS/ Public Health (Strategy Officer, Health and Children, Communications Manager); Open Spaces	<p>Strategy officer is currently working with City gardens to identify all outdoor play opportunities in square mile and better communicate options to schools and children's centres.</p> <p>Identifying areas where outdoor play can be incorporated, in particular through multi-purpose furniture, will be a consideration in the City Gardens audit that is commencing in March 2018.</p>	Amber
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Priority:		Promoting healthy behaviours					
Objective (if applicable):		Reduce harmful behaviours amongst the resident, working and rough sleeper populations in the City of London					
Ref:	Action:	Start:	End:	Measure/outcome:	Lead officer/partner:	Update	RAG
5.1	<p>Develop and implement a Corporate Alcohol Strategy</p> <ul style="list-style-type: none"> • Alcohol Strategy 	May 2017	<p>May 2020</p> <p>September</p>	<ul style="list-style-type: none"> • Improvements in responsible licencing • Reductions in crime and 	DCCS (Executive Support Officer) M&CP / Port Health	Public Health is leading on the development of a Corporate Alcohol Strategy which will set out our aims	Amber

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	approved by Health and Wellbeing Board		2017	antisocial behaviour in relation to alcohol • Awareness-raising with businesses and local communities.	& Public Protection (Licensing Team Manager) Community Safety	for creating a culture of safe, responsible drinking in the City. Committee sign-off will start in June 2018.	
5.2	Reduce harm of second hand smoke and stop young people from taking up smoking • Increase the number of smoke free spaces in the City		June 2018	• Reduced parental smoking • Reduced smoking in parks and play areas	DCCS/ Public Health (Policy Officer)	The PH, Open Spaces and Cleansing teams are currently working together to identify options and determine feasibility of more smoke free spaces in the City.	Green
5.3	Help tobacco users to quit • Continue to commission stop smoking service which includes e-cigarette offer. • Hold public health awareness raising campaigns such as Stoptober • Trading standards to enforce new tobacco product regulation (plain packaging, vaping chemicals, underage sales) • Smokefree awareness raising and enforcement in CoLC owned areas – e.g. Leadenhall Market	June 2017	March 2020 Ongoing October 2017 October 2017 October 2017	• Increase in resident and workers quitting smoking	Public Health (Public Health Commissioning Manager, Project Officer, Business Healthy); WDP; M&CP (Trading Standards Manager) M&CP / Port Health & Public Protection (Lead Officer, Health & Safety) City Surveyors)	Public Health/ Business Healthy and WDP working with CoL Cleansing Team to develop new anti-smoke-related litter campaign (launch date TBC) Business Healthy continues to promote WDP services to member organisations, with a particular focus on key milestones, e.g. Stoptober and PHE's Smokefree January.	Green
5.4	Establish new GUM service provision in the City of London	June 2017	May 2018 May 2018	• New clinic is opened and operational	DCCS (Public Health Consultant)	The clinic in the City is due to open in April 2018	Green
5.5	Work with E-sexual health service to achieve channel shift and reduce clinic visits	June 2017	May 2018 May 2018	• Increased uptake of the e-sexual health service and corresponding	DCCS (Public Health Consultant)	The E-sexual health service went live on 8 January 2018 in Homerton clinic	Green

				reduction in terrestrial clinic visits by 10%.			
5.8	Develop a profile of the health needs of rough sleepers	June 2017	May 2018 May 2018	<ul style="list-style-type: none"> Report to be presented at the Health and Wellbeing Board 	DCCS (Homelessness and Housing Options Manager)	The specification for the rough sleeper health audit work has been developed and is out to the market	Green
5.9	Input to the new corporate catering contract, ensuring that it incorporates the promotion of healthy eating behaviours	June 2017	September 2017 March 2018 January 2018	<ul style="list-style-type: none"> Prominent positioning of healthy options in the Gild Attend Catering Service Group working meetings and input to tender process Seek Member approval to get an holistic Healthy Eating Strategy enshrined in the 2018/2019 Food Safety Enforcement Plan 	DCCS (Business Healthy Project Officer) M&CP / Port Health & Public Protection (AD (PP)Lead Officer Food Safety)	Promoting healthier eating and behaviours explicitly outlined in specification for new corporate catering contract, across all sites, including The Gild. All contracts will have a KPI relating to promoting healthier eating and healthier behaviours. Small changes have been made in The Gild, e.g. rearranging the drinks fridge cabinet to place healthier and lower-sugar drinks at eye level and placing fruit basket next to the till. The HWAG has approved a proposal for the CoL to sign the Local Government Declaration on Sugar Reduction and Healthier Eating, which will be taken to HWB in February 2018 for sign-off	Green
5.10	Reduce injuries and fatalities on City of London roads <ul style="list-style-type: none"> Public health to support the Road Danger Reduction Team in promotion of road safety initiatives by: <ul style="list-style-type: none"> ➤ Assisting with the 	June 2017	Ongoing	<ul style="list-style-type: none"> Successful implementation of schemes such as "Bank on Safety" 	DCCS (Strategy Officer, Health and Children) Business Healthy Project Officer)	Business Healthy continues to sit on the steering committee for the Road Danger Reduction Team's Active City Network and promotes related events, programmes and services to the Business Healthy network. The ACN is keen to help promote the 2018	Green

	<p>promotion of events, e.g. the Active City Network and behavioural surveys.</p> <ul style="list-style-type: none"> ➤ Promoting City infrastructure changes relating to road safety – e.g: Bank on Safety. ➤ Assist the development of promotion material and information to encourage safer active travel. 					Business Healthy Challenge (through an active travel angle)	
5.11	<p>Promote active commuting</p> <ul style="list-style-type: none"> • Public Health to support the Active City Network to promote active commuting such as walking and cycling by: ➤ Assisting with the promotion of events, e.g. the Active City Network and behavioural surveys. ➤ Promoting City infrastructure changes relating to road safety – e.g: the new Quietway infrastructure. ➤ Assist the development of promotion material and information to encourage safer active travel. 	June 2017	May 2020	<ul style="list-style-type: none"> • Increased walking and cycling by commuters 	DCCS (Strategy Officer, Health and Children Business Healthy Project Officer)	See above. Actions are being taken to relaunch the Business Healthy Challenge for 2018 and to make more places available to City workers	Green

5.12	Develop and implement Business Healthy Strategy • Business Healthy Strategy agreed at Health and Wellbeing Board	June 2017	May 2020 June 2017	• Increased membership and participation by employers	DCCS (Business Healthy Project Officer)	During 2017 Business Healthy hosted/co-hosted 11 events, activities and campaigns and supported on a further 14. Its membership by individual organisations increased by 169%, as did the number of those engaging with it on social media. Growth targets for 2018 have now been set.	Green
5.13	Increase residents' capacity to cook healthy and affordable food • Commission two healthy cooking courses for adults in the City of London in 2017/18 • Commission healthy cooking course for young people in the City of London	April 2017	March 2018 March 2018 October 2017	• Increased participation in schemes	DCCS (Strategy Officer, Health and Children)	A Bags of Taste cookery course was delivered with City Gateway for young people in August 2017 and a course for adults was delivered in Artisan street library in September 2017. The final course of 2017/18 for adults has been scheduled for March. An evaluation of the course was undertaken in October 2017 which showed positive changes in healthy eating in participants.	Green
5.14	Encourage City workers/residents to take out gym memberships • Trading Standards to work with gyms to improve gym membership cancellation clauses	June 2017	May 2018	• Increased usage of Golden Lane Leisure centre and other facilities	M&CP / Port Health & Public Protection (Trading Standards Manager)	The Trading Standards team researched this issue and found they have had no complaints about cancellation clauses so have decided not to pursue this. The team continues to look into all complaints concerning terms and conditions. Public Health team will work with them to develop a new approach to encourage City workers and residents to increase physical activity.	Amber

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Committee(s):	Dated:
Health and Wellbeing Board – For Decision	2 February 2018
Subject: The Local Government Declaration on Sugar Reduction and Healthier Food	Public
Report of: Andrew Carter, Director of Community and Children’s Services	For Decision
Report author: Xenia Koumi, Project Officer – Business Healthy, DCCS	

Summary

The Local Government Declaration on Sugar Reduction and Healthier Food was launched by the charity Sustain in November 2016 as an initiative to help local authorities in London tackle the proliferation and marketing of unhealthy food and drink. Several London boroughs have already signed up, and many more are in the process of doing so.

The City of London Corporation (City Corporation) currently ranks in the bottom third compared with other local authorities in the capital regarding the promotion of healthy eating (Good Food for London rankings, 2016). Tackling obesity among adults and children features prominently within the priorities of the Joint Health and Wellbeing Strategy and this presents a framework within which the City Corporation can take action.

The Health and Wellbeing Advisory Group (HWAG) has agreed that the Declaration would be a valuable initiative for the City Corporation to sign up to and the Director of Public Health, Dr Penny Bevan, has offered to champion it. This paper outlines the nature of the Declaration and the commitment required from the City Corporation, notably members of the Health and Wellbeing Board.

Recommendations

Members are asked to:

- Note the report.
- Endorse the steps and proposals for action outlined in this report.
- Support the signing of the Local Government Declaration on Sugar Reduction and Healthier Food by the City of London Corporation.

Main Report

Background

1. The Local Government Declaration on Sugar Reduction and Healthier Food was launched by the charity Sustain in November 2016 as an initiative to help local

authorities in London tackle the proliferation and marketing of unhealthy food and drink.

2. Obesity is on the increase among adults and children. Almost half of Londoners aged ten years or older are either overweight, or obese¹. Among other causes, including an increasingly sedentary lifestyle, the availability of unhealthy, high-fat and highly-processed foods and drinks is a key contributing factor, especially as these foods and drinks are often cheaper than fresh produce.
3. Despite prevention of overweight and obesity being better than cure, spend on obesity prevention programmes is greatly outweighed by spend on the medical costs of conditions related to being overweight or obese. According to Cabinet Office data from 2008, if diets matched nutritional guidelines, it is estimated that 70,000 deaths annually could be avoided and £20 billion could be saved².
4. At a national level, the Soft Drinks Industry Levy (the “Sugar Tax”) is coming into effect in April 2018. It directly targets the producers and importers of sugary soft drinks to encourage them to remove added sugar, promote diet drinks and reduce portion sizes for high-sugar drinks³.
5. The Local Government Declaration on Sugar Reduction and Healthier Food was introduced to encourage local authorities to work together to effect change, with some local authorities collaborating around sponsorship and advertising protocols, which are important areas of revenue for some councils. Lambeth Council was the first borough to sign the Declaration in April 2017, followed by Tower Hamlets, Redbridge and Waltham Forest. A further ten boroughs are currently taking steps towards signing it.
6. In the last Good Food for London rankings (2016) the City Corporation ranked joint 23rd out of 33 London boroughs. As of 2017, the Declaration is a new indicator on the Good Food for London league table⁴. This represents an opportunity for the City Corporation to take a more proactive approach.
7. The renewal of the City Corporation’s corporate catering contract in 2018 encouraged the Corporation to take a high-level approach to healthy eating. Within the specification for the new contract, healthy eating and promoting healthier behaviours relating to food are explicitly outlined across all sites and specific KPIs have also been included, to ensure healthy eating becomes ‘business as usual’. The City Corporation has also committed to the “Food for Life”⁵ scheme within the new contract, which encourages healthier catering as part of wider work around sustainability and responsible procurement.
8. Prevention of overweight and obesity is a focus of the 2017-20 Joint Health and Wellbeing Strategy, featuring in the following priority areas:

¹ <https://data.london.gov.uk/dataset/obesity-adults>

² http://webarchive.nationalarchives.gov.uk/20100407165056/http://www.cabinetoffice.gov.uk/strategy/work_areas/food_policy.aspx

³ <https://www.gov.uk/government/news/soft-drinks-industry-levy-12-things-you-should-know>

⁴ <https://www.sustainweb.org/gfll/?m=0&b=0&y=2017&v=1>

⁵ <https://www.soilassociation.org/certification/catering/>

- Priority 2 – a healthy urban environment: provide easy access to healthy and affordable food in the local area; encourage retailers of healthy food in under-served, low-income neighbourhoods and/ or encourage retailers to offer more healthy products.
 - Priority 4 – all children have the best start in life: work with the London Borough of Hackney to review our approach to childhood obesity and agree a revised strategy; develop an integrated health promotion offer for children and families, focused on breastfeeding and good nutrition.
 - Priority 5 – promoting healthy behaviours: raise awareness of the harms caused by a poor diet; encourage a healthy approach to food; work with Business Healthy to engage employers to break the culture of risk-taking behaviours among their employees; expand our prevention work with students in schools.
9. The City has a high density of food outlets – 1,700 – which mostly serve the vast daytime (worker) population. With many City workers visiting these outlets for breakfast, lunch and dinner, the City Corporation is able to help influence healthier choices to a large segment of its population.

Current Position

10. To sign the Declaration, local authorities must commit to take at least six different actions across six key areas (at least one action under each of the six key areas). The pledges do not all need to be new: actions that the local authority is already taking can be included.
11. The six key areas are as follows:
1. Tackling advertising and sponsorship
 2. Improving the food controlled or influenced by the council and supporting the public and voluntary sectors to improve their food offer
 3. Reduce the prominence of sugary drinks and actively promote free drinking water
 4. Support businesses and organisations to improve their food offer
 5. Public events
 6. Raising public awareness

Further detail is included on whether action is already being taken in these areas (see Appendix 1), or suggestions on what can be done.

12. Sustain have suggested local authorities take the following steps to sign and implement actions around the Declaration:

Step	Suggested action	Response
1	Identify the priorities in the borough and define the scope of the Declaration.	We are able to use the Joint Health and Wellbeing Strategy and the JSNA, as well as other data to inform work in the Square Mile.
2	Take the proposal to a champion.	Director of Public Health Dr Penny Bevan has agreed to champion the Declaration for

		the City.
3	Undertake internal consultations.	Initial steps have been taken with the Health and Wellbeing Advisory Group and further discussions will be undertaken with relevant areas of the City Corporation.
4	Identify the route the council will take to sign up (full council or cabinet).	It is proposed that the Health and Wellbeing Board and Port Health & Environmental Services Committee will approve the signature to the Declaration.
5	Sign up and celebrate	
6	Don't let the Declaration gather dust.	It is proposed that an annual update report is presented to the Health and Wellbeing Board and Port Health & Environmental Services Committee, with more regular updates presented to the Health and Wellbeing Advisory Group.

13. There is no set monitoring or auditing process; local authorities must decide the most appropriate monitoring system.
14. While there is best practice that the City Corporation can draw on from other London boroughs, it is useful to bear in mind that it is unique to other local authorities in that the resident population is very small, compared with its daytime worker population. Local food outlets are geared towards the daytime population, who generally have a high disposable income. Offerings for lower-income City residents can be limited.

Proposals

15. The Declaration and associated actions will be the responsibility of the Health and Wellbeing Advisory Group (HWAG). The HWAG's responsibilities will include drawing on best practice and expertise to develop and undertake actions in each of the six key areas and to create an action plan to take forward the commitments. The HWAG will lead the monitoring year on year.
16. The Health and Wellbeing Board, along with Port Health & Environmental Services Committee, approves the signature to the Declaration.
17. Officers will present an annual update report on progress of the Declaration to the Health and Wellbeing Board and Port Health & Environmental Services Committee, with more regular updates presented to the Health and Wellbeing Advisory Group.
18. Members endorse the Declaration, where relevant and appropriate, among senior political leadership across the City Corporation.

Corporate & Strategic Implications

19. The above relates to the Department of Community and Children's Services' Business Plan (2017-22) lists a priority objective as health and wellbeing, specifically that "people of all ages enjoy good health and wellbeing".
20. It also relates to the draft Corporate Plan (2018-23), where a corporate outcome within the strategic objective of "contributing to a flourishing society" is that "people enjoy good health and wellbeing".

Conclusion

21. Obesity and overweight is an issue that affects the City of London's resident and worker populations, as part of wider trends seen nationally and across London. The Local Government Declaration on Sugar Reduction and Healthier Eating represents an opportunity to bring together the work that the City Corporation is already doing across departments and to address the issue in a more holistic, long-term and strategic manner, drawing in expertise and resources from across the organisation.

Appendices

Appendix 1 – Local Government Declaration Actions Outline, v1

Xenia Koumi

Project Officer – Business Healthy

T: 020 7332 3378

E: xenia.koumi@cityoflondon.gov.uk

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Key area	Action already being taken	Suggested action
1. Tackling advertising and sponsorship	N.a.	Work with Corporate Communications to develop a Corporate Sponsorship Policy
2. Improving the food controlled or influenced by the council and supporting the public and voluntary sectors to improve their food offer	The new corporate catering contract will include the “Food for Life” standard and KPIs relating to healthy eating/ healthier behaviours. Elements of the Healthier Catering Commitment are also included and stringent DfE guidelines have been implemented across all sites as a minimum	Explore the potential to further expand healthier eating/ healthier behaviours through the corporate catering contract
	N.a.	Sharing knowledge and best practice from the corporate catering contract with other local authorities and public-/ third-sector organisations, including, where relevant, commissioned providers, such as Fusion
	CityWell is exploring cooking classes for CoLC staff, to promote healthier eating behaviours	TBC
3. Reduce the prominence of sugary drinks and actively promote free drinking water	There are public water fountains at locations across the City, though not many are aware of them	Promote the location and availability of public water fountains in the City and City of London Corporation-controlled spaces and premises, via existing communications channels
	N.a.	Promoting and supporting the “Sugar Tax” and associated campaigns when it comes into play in April 2018 in locations such as CoLC staff-facing and public-facing outlets

	Public health team has been working with The Gild management to make healthier food and drink more prominent and appealing, compared with unhealthier alternatives	Continue and expand this work, particularly under the incoming contract (see above)
4. Support businesses and organisations to improve their food offer	N.a.	Business Healthy to engage with employers and food retailers in the City to raise the profile of healthier eating/ catering for workers
	N.a.	City Corporation Environmental Health Officers, where relevant, to advise on best practice and to signpost to support. Seek Member approval to get a holistic Healthy Eating Strategy enshrined in the 2018/19 Food Safety Plan (JHWS Action Plan)
5. Public events	N.a.	Setting a good example on healthier eating/ drinking at internal and external meetings and public-facing events at all levels, e.g. Mansion House
	N.a.	Make mothers aware that breastfeeding is welcome at public events and space to breastfeed is provided
6. Raising public awareness	The City of London Corporation continues to commission Club Soda to support City workers and residents who want to adopt a non- and low-alcoholic lifestyle	TBC
	The City Corporation commissions Bags of	TBC

	Taste to run classes on healthy and affordable cooking for adult and young residents	
	City Corporation L&D team host Insight Lunches on Nutrition for CoLC staff	TBC
	Information about public campaigns, such as the Eatwell Guide and Change4Life is listed on the corporate website	Look to further run existing/ new healthy eating campaigns for City residents, workers and businesses

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Committee(s):	Dated:
Health and Wellbeing Board – For Information	2 February 2018
Subject: Preventing drug use among workers in the City of London	Public
Report of: Andrew Carter, Director of Community and Children's Services	For Decision
Report author: Xenia Koumi, Project Officer – Business Healthy, DCCS	

Summary

Recent media coverage¹ has suggested that cocaine use among City workers is pervasive, but that the local culture “turns a blind eye” to this issue. Officers were asked by the Health and Wellbeing Board to explore the accuracy of these claims and to provide insight into the work that the City of London Corporation is doing to address drug-taking behaviours among the Square Mile’s working population.

Powder cocaine use is more common in young males, is more common in London, and is linked to higher drinking levels. Within the City of London, the worker population is predominantly young and male with a high disposable income, and this demographic is also more likely to drink more alcohol than the general population. For these reasons, powder cocaine use is likely to be higher amongst City workers than amongst the general population.

The City of London Corporation undertakes specific work to prevent drug use among its worker population and also to tackle existing issues. In the latter, there is a close working relationship with the City of London Police. This work is carried out across the following key areas:

- WDP’s Square Mile Health®
- Business Healthy and the Public Health team
- Safer City Partnership and the City of London Police

Recommendations

Members are asked to:

- Note the report.
- Support ongoing work to prevent and tackle drug use among workers in the City of London, through key channels such as Business Healthy, the Safer City Partnership and WDP’s Square Mile Health®.
- Support the proposal to establish a multiagency partnership group to look at this issue in more detail, and gather further evidence about drug use in the City.

¹ GuardianWitness article, “Confessions from the City: why firms are failing to tackle the cocaine crisis” (Ben Quinn, 10 September 2017) <https://www.theguardian.com/society/2017/sep/09/city-firms-failing-to-tackle-cocaine-crisis>

Main Report

Background

1. Cocaine use, and specifically powder cocaine use, is widespread in the UK and also in London. It is also becoming more prevalent compared with other types of substance misuse. A comparison of wastewater analyses carried out in European cities in 2016 ranked London second only to Antwerp in terms of the prevalence of the drug in its wastewater². According to the Organisation for Economic Cooperation and Development (OECD), cocaine use among young British adults (aged 15 to 34) is more than double the European average³. Recent Home Office statistics (2016/17) show that the second-most commonly used drug in the last year among adults aged 16 to 59 was powder cocaine and it was also the second-most commonly used drug among young adults aged 16 to 24. Both proportions remained similar to the previous year. The statistics also show that men were almost three times more likely than women to take powder cocaine⁴.
2. Public Health England statistics complement this information, showing that both in England and in London between 2015 and 2016, compared with other substance groups (opiates, alcohol only and alcohol and non-opiate), non-opiate clients had the youngest age distribution, with just over half of those in treatment aged under 30. Overall, London had more non-opiate clients than nationally⁵.
3. There is no accurate data relating to drug use, and specifically cocaine use among City workers, as typical collection methods relate only to resident populations. People do not self-report, given the illicit classification of cocaine. Taking national and London-specific trends and comparing them with the profile of the average City worker⁶ helps to give us an indication of the prevalence of cocaine use among the local worker (non-resident) population.
4. According to the latest statistics, the City of London's workforce is young: 26% is aged between 20 and 29 years old and 36% is aged between 30 and 39 years old, compared with 40% of workers aged between 22 and 39 across England and Wales. The median pay of City workers is £55,000 per year and 66% of them are educated to degree level, compared with 49% across London and 35% across England and Wales⁷. Data from the 2011 Census shows us that 61% of City workers are male and 79% are white. Across the almost 470,000 City workers, we have a majority demographic that is young, male, white and which has a high disposable income⁸.

² <http://www.emcdda.europa.eu/topics/pods/waste-water-analysis>

³ "Health at a Glance: Europe 2016 – State of Health in the EU Cycle", OECD/ EU, 2016

⁴ https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/642738/drug-misuse-2017-hosb1117.pdf

⁵ "2015-16 NDTMS Adult Substance Misuse Statistics", Public Health England – Service Providers Forum, February 2017

⁶ <https://www.hackney.gov.uk/media/8238/JSNA-City-Supplement/pdf/JSNA-City-Supplement>

⁷ <http://www.partnershipforyounglondon.org.uk/wp-content/uploads/2017/08/city-statistics-briefing.pdf>

⁸ This should be caveated by anecdotal evidence that suggests cocaine is now cheaper than it has been previously (approximately £30 - £40 per gram), meaning that it is no longer only being used by high earners.

5. There is a strong link between binge drinking and cocaine use. Anecdotal information suggests that very few individuals use cocaine on its own: cocaine (an “upper”) is usually consumed alongside alcohol (a “downer”) as a way of prolonging its effects⁹. Research on a limited sample of cocaine users has shown that cocaine powder users report more frequent heavy drinking than users of crack cocaine¹⁰. Last year, use of powder cocaine was around 11 times higher among those who had visited a pub or wine bar nine or more times in the past month (8.1%), compared with those who had not visited a pub or wine bar in the past month (0.7%)¹¹. The same data shows that in 2016, use of powder cocaine was over ten times higher among those who had visited a nightclub at least four times in the past month compared with those who had not visited a nightclub in the past month. According to the City and Hackney Joint Strategic Needs Assessment City Supplement (2014), alcohol misuse among both male and female City workers is considerably higher than the national average, with young, white males as the predominant users of alcohol¹². The fact that the vast majority of City workers do not drive to and from the Square Mile is also an important element when considering the likelihood to undertake risky behaviours.
6. The City of London has a large Night Time Economy relative to its size and relative to other similar inner London boroughs, such as Westminster. It is the capital’s smallest local authority by area and resident population, though it is joint sixth for the number of pubs and bars it contains. The Night Time Economy is successful, partly as a result of it being actively promoted. The City of London Police, alongside the Safer City Partnership, helps to manage the Night Time Economy.

Current Position

7. The City of London Corporation undertakes specific work to prevent drug use among its worker population and also to tackle existing issues. In the latter, there is a close working relationship with the City of London Police. This work is carried out across the following key areas:
 - WDP’s Square Mile Health[®]
 - Business Healthy and the Public Health team
 - Safer City Partnership and the City of London Police
8. WDP’s Square Mile Health[®] is a drug and alcohol service commissioned by the City of London Corporation. It provides prevention, outreach and treatment to City residents; and prevention, outreach and referral services to the City’s worker population. WDP’s Square Mile Health[®] provides tailored support to employers in the Square Mile on behalf of the City Corporation. This offer includes advice on drug-taking and excessive drinking issues, as well as other free services promoting wellbeing and a healthy lifestyle. This work benefits thousands of City workers every year, with the provider visiting some of the largest and most well-known City firms in the banking, insurance and legal sectors. It also delivers

⁹ <https://academic.oup.com/alcalc/article/41/2/121/135052>

¹⁰ <https://academic.oup.com/alcalc/article/41/2/121/135052>

¹¹ https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/642738/drug-misuse-2017-hosb1117.pdf

¹² <https://www.hackney.gov.uk/media/8238/JSNA-City-Supplement/pdf/JSNA-City-Supplement>

services to the many small and medium-sized enterprises. Given that the vast majority of City workers are not City residents, WDP's Square Mile Health[®] is unable to provide treatment to the Square Mile's workers. Instead, they assist non-residents by referring them to drug and alcohol services in their home local authority¹³.

9. Whilst the attitude taken by employers is certainly not that of "turning a blind eye", many employers are uncertain how to ask for help about potential drug misuse in their workforce, particularly given the illegal nature of cocaine and the reputational risks for a company being seen to ask for help on this matter. But since the aforementioned link between alcohol misuse and drug consumption is so strong, it means that Square Mile Health[®] can adopt a "Trojan horse" approach when addressing cocaine use among the City's working population and employers: starting conversations with a focus on alcohol and then moving on to issues relating to cocaine use. Business Healthy helps to promote WDP's Square Mile Health[®] services to its large network of City employers.
10. Business Healthy is an award-winning Public Health-funded initiative that provides City employers with free support to promote better health and wellbeing among their staff, including events and signposting. Businesses are also encouraged to share best practice with each other. It also supports and promotes ongoing initiatives around health and wellbeing in the Square Mile, such as campaigns relating to safe alcohol consumption and work being undertaken by other teams in the City Corporation. Through discussions with Business Healthy members, it is evident that many organisations – particularly the larger ones – offer an Employee Assistance Programme (EAP) to their employees. EAPs are confidential phone lines that employees can contact to seek advice and assistance on a range of issues, including health and wellbeing-related, such as drug and/ or alcohol issues.
11. Alongside its work with local businesses via WDP's Square Mile Health[®] and Business Healthy, the City of London Corporation's Community Safety team has also contributed to addressing drug-taking behaviours among the City's worker and resident populations, by offering "drug bins" and "amnesty boxes", where they can hand over illicit drugs without reprimand.
12. In addition to free services offered by the City of London Corporation to City workers, there are also several private clinics within the Square Mile that provide support and treatment for drug and alcohol addictions.
13. The City of London Corporation's internal health and wellbeing programme, CityWell, has provision in place to prevent and address drug use among staff. The City Corporation has an Alcohol and Drug Misuse Policy¹⁴ in place and there is a dedicated "Drugs and Alcohol" resource on the intranet – Colnet – which includes, among other resources and guidance, a Managers' Guide to identifying

¹³ WDP's Square Mile Health[®] figures show that during Q3 and Q4 of 2016 and Q1 of 2017, a total of 54% of those detained in custody in the City of London who tested positive for drugs (not minimal or recreational use) were provided with a follow-up appointment at their home borough's drug and alcohol service (i.e. non-City residents)

¹⁴ <http://colnet/Departments/Town%20Clerks/Corporate%20HR%20Unit/Documents/Handbook%20Policies/AlcoholAndDrugMisuse.pdf>

the indicators of possible substance misuse and managing and supporting employees. In addition, the intranet page¹⁵ also lists further support services available to staff, including WDP's Square Mile Health[®], in-house occupational health support and the Employee Assistance Programme (EAP). The latter is able to sign-post employees to relevant services.

14. The City of London Police plays a key role in tackling drug use in the Square Mile, undertaking periodic proactive drug operations, proactive policing, voluntary drug testing at venues in the City and "test on arrest" strategies.
15. The Safer City Partnership (SCP) involves representation from the following partners:
 - City of London Corporation
 - City of London Police
 - London Fire Brigade
 - London Probation Trust
 - City and Hackney Clinical Commissioning Group
 - HM Court Service
 - British Transport Police
 - Transport for London
 - City of London Crime Prevention Association
 - Representatives of the City's residents, businesses and voluntary sector
16. By making the most of available resources, the SCP aims to ensure that the City of London remains a safe place to live, work, visit and socialise, by meeting the needs of the City in relation to crime reduction and antisocial behaviour. Its current priorities include reducing Night Time Economy crime (including drug-dealing), nuisance and anti-social behaviour. The City of London Corporation also provides information and guidance on addressing drug use to individuals, businesses, licensed premises and residents on its Night Time Economy webpage.

Proposals

17. The Safer City Partnership intends to establish a new Task and Finish Group, consisting of representatives from the City Corporation (Safer City Partnership, Public Health and Licensing), the City of London Police, WDP and the homelessness services charity St Mungo's (substance misuse is significant among those who sleep rough).
18. This group will be led by the Manager of the Community Safety Team and will focus on tackling drug use in the City. The initial aims of the Group will be to tie into the ongoing work of the Safer City Partnership, bringing together all areas of intelligence relating to drug use in the City among different population groups and pooling expertise to ensure a joined-up and evidence-based approach to addressing this issue.

¹⁵ <http://colnet/Departments/Town%20Clerks/Corporate%20HR%20Unit/Pages/Policy/Topic-Drugs-and-Alcohol.aspx>

19. This group will oversee the production of a health needs assessment relating to drug use among City workers, in order to build up intelligence about the nature and extent of drug use amongst City workers, and to inform further activity in tackling this issue.
20. It is proposed that this group will report back findings to both the Health and Wellbeing Board and the Safer City Partnership.

Corporate & Strategic Implications

21. The above relates to the Department of Community and Children's Services' Business Plan (2017-22) lists a priority objective as health and wellbeing, specifically that "people of all ages enjoy good health and wellbeing".
22. It also relates to the draft Corporate Plan (2018-23), where two of the 12 corporate outcomes within the strategic objective of "contributing to a flourishing society" are that "people are safe and feel safe" and that "people enjoy good health and wellbeing".

Conclusion

23. The City of London Corporation, working with partners, takes a highly engaged and proactive approach in working with the local business, working, resident and visitor populations to address and reduce drug-related behaviour, particularly around prevention. Through its business outreach work and associated services, it is clear that City employers are neither ignoring, nor unaware, of drug use or other risky behaviours among the workforce; they address the issue sensitively so as to share information and signpost to support for those using drugs – which reflects the huge stigma surrounding drug use.
24. A coordinated multi-agency partnership group, informed by a current health needs assessment, will enable the City of London Corporation and partners to determine the real extent of the issue of City workers using illicit substances, particularly powder cocaine, and to inform the most effective strategies to tackle it.

Xenia Koumi

Project Officer – Business Healthy

T: 020 7332 3378

E: xenia.koumi@cityoflondon.gov.uk

Committee(s):	Date(s):
Health and Wellbeing Board	2 February 2018
Subject: Mental Health Training and Development	Public
Report of: Director of Human Resources: - Health Safety and Wellbeing Manager (People)	For information
<p>Summary</p> <p>The Corporate Health Safety and Wellbeing Strategy (2018 - 2023) has six strategic themes including: - <i>Tackling work-related ill-health: Developing the wellbeing of our workforce, reducing the stigma around mental ill-health, and providing a safe and healthy working environment.</i></p> <p>The actions we will need to take include <i>embedding mandatory mental health learning and development training for all managers / supervisors.</i></p> <p>An effective way to develop a healthy working environment (and continue to break down the stigma often associated with mental ill-health) is to train people in mental health awareness and develop skills at all levels throughout the City of London Corporation.</p> <p>Recommendations</p> <ul style="list-style-type: none"> • The Board is asked to note the findings of this report and support the training and development framework (Appendix 1). 	

Background

The *Thriving at Work* report commissioned by the Prime Minister was issued in October 2017, and it sets out ways that businesses and government can make a combined effort to boost staff mental health.

Some of the heaviest hitting statistics from the Thriving at Work report were:

- Poor mental health costs employers £42bn a year
- The annual cost of poor mental health to the British economy is £99bn

Such large numbers do not describe the human cost of mental ill-health.

The report reviewed how investing in supporting mental health issues in the workplace would be beneficial for both businesses and staff productivity. The most important lessons to be learned were that all employers, no matter the size or industry, must try and enforce six '*mental health core standards*', these are:

- Create a mental health at work plan
- Build mental health awareness by making information and support accessible
- Encourage open conversations

- Provide good working conditions and ensure employees have a healthy work-life balance
- Promote effective people management, with line managers holding regular conversations about health and well-being with their staff
- Routinely monitor employee mental health

Everything we do must support delivery of the new Corporate Plan and our top level objectives include people being healthy and safe at work. The City Corporation signed the 'Time to change' pledge and committed to take action to reduce mental health discrimination.

Our strategic approach

The new corporate *Health Safety and Wellbeing Strategy (2018 – 23)* has six strategic themes under *CityWell* and *CitySafe* including:

Tackling work-related ill-health: *Developing the wellbeing of our workforce, reducing the stigma around mental ill-health, and providing a safe and healthy working environment.*

The actions that need to be scoped out and developed further to achieve the above theme include:

- Embedding of mandatory mental health learning and development training for all managers / supervisors
- Developing a holistic wellbeing workforce action plan with SMART objectives / measurable outcomes aligned to corporate needs
- Championing an interdisciplinary approach to prevention and early intervention.

What have we achieved so far – mental health learning and development

- **Mental Health First Aid Instructors (2):** The Head of Responsible Business and the Health Safety and Wellbeing Manager are accredited MHFA Instructors
- **Mental Health First Aid Training (2-day Adult):** The 2 MHFA Instructors have co-delivered 2 Adult in-house courses training 30 colleagues as MH First Aiders. A further course is scheduled for April 2018
- **Mental Health Awareness:** 7 half-day Awareness courses have been scheduled with 3 completed and 75 managers trained to date including 2 Chief Officers.
- **Line Managers Guide to Mental Health:** A bespoke e-learning course on City Learning has been developed and 150 managers have successfully completed this to date including 2 Chief Officers.
- **A CityWell Ambassadors Network** is being developed and consideration is being given to having a lead ambassador for mental health. The first meeting of the network occurred in January 2018.
- Agreement has been reached with Mental Health First Aid (England) to hold a joint **mental health conference / seminar** at Guildhall on 18 May 2018.

What we will measure through our KPIs will include

- Completion and satisfaction levels with learning and development opportunities including post-learning impacts where possible
- Recovery rates from ill-health incidents and overall intervention rates
- Measurable outcomes as agreed in the workforce wellbeing action plan

Our success criteria will include

- A measurable reduction in the stigma associated with mental ill-health / disability within our workplace – normalising discussing mental health
- A sustainable reduction in reactive measures such as sickness absence and work-related ill-health incidents

The support needed includes

The Health and Wellbeing Board to actively support, and continue to champion the mental health training and development framework (**Appendix 1**).

The engagement of Chief Officers and Senior Management Teams in promoting the mental health training within their departments.

Strategic links

- Corporate Plan (draft) 2018 - 2023
- Health Safety and Wellbeing Strategy 2018 - 2013
- Human Resources Business Plan (draft) 2018/19

Further information / References

Thriving at work: The Stevenson / Farmer review of mental health and employers (October 2017).

Contact:

Justin Tyas |
Health Safety & Wellbeing Manager |
Justin.tyas@cityoflondon.gov.uk | 0207 332 1440

Appendix 1: Mental health whole organisation training framework

An effective way to develop a healthy working environment (and continue to break down the stigma often associated with mental ill-health) is to train people in mental health awareness and develop skills at a mixture of levels throughout the City of London Corporation.

Mental Health Awareness

All managers / supervisors undergo a half-day awareness course as a minimum requirement

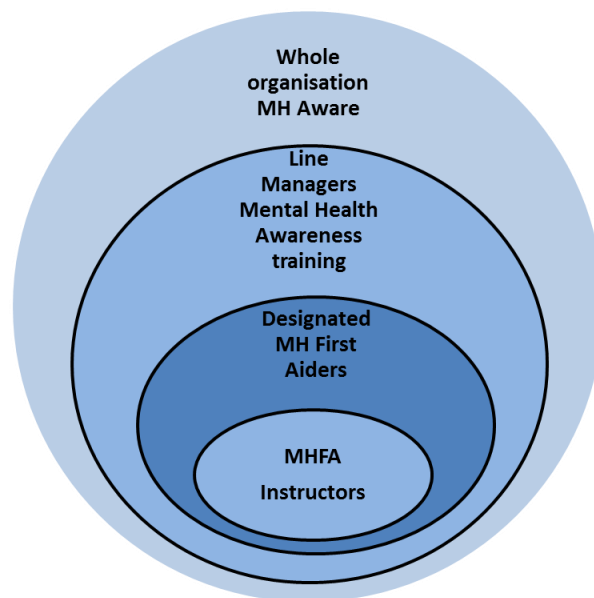
Mental Health E-Learning

All managers / supervisors undertake the bespoke e-learning course '*Line Managers Guide to Mental Health*'

Wellbeing Ambassadors

Wellbeing Ambassadors are City Corporation employees who act as champions for the wellbeing programme

Lead Ambassador for Mental Health



Mental Health First Aiders

MHFA is a 2-day course that gives people the skills to help someone who is developing a **mental health** problem or experiencing a **mental health** crisis

Mental Health First Aid (MHFA) Instructor Training

The MHFA instructor course is internationally recognised and aims to teach people how to recognise the symptoms of **mental health** problems, how to provide initial help and how to guide a person towards appropriate professional help

Committee:	Date:
Health and Wellbeing Board	02/02/2018
Subject: Health and Wellbeing Board update report	Public
Report of: Director of Community and Children's Services	For Information
Report Author: Sarah Thomas, Health & Wellbeing Executive Support Officer	

Summary

This report is intended to give Health and Wellbeing Board Members an overview of local developments and policy issues related to the work of the Board where a full report is not necessary. Details of where Members can find further information, or contact details for the relevant officer are set out within each section. Updates included are:

- **Safer City Partnership update**
- **Healthwatch update**
- **Sexual Health London Programme**
- **Business Healthy update**
- **Children's Health Needs Assessment**
- **Children and Young People's Plan consultation**
- **Integrated commissioning and Better Care Fund**
- **Pharmaceutical Needs Assessment consultation**
- **CityWell update**

Recommendation

Members are asked to:

- Note the report.

Main Report

1. Safer City Partnership update

Prevent

The Prevent e-learning module is now with HR for consultation. It is intended that this course be mandatory for all staff to align with the Corporation's focus on Prevent in light of recent terror attacks and will be rolled out in the next month.

There have been six Workshops Raising Awareness of Prevent (WRAP) sessions held for HR staff, apprentices and their line managers with one outstanding session to be held on 13 February. These sessions have been well received by staff. There

have also been WRAP training sessions delivered to City of London Police and staff and educational premises.

An internal Prevent campaign will be running in March 2018 including posters and table talkers to raise awareness about Prevent.

Christmas Campaign 2017

A partnership with the GLA and City of London Corporation, including support from the Public Health team, developed an alcohol-related Christmas campaign – ‘Three Wise Things – Eat, Pace, Plan’. The campaign ran from 30 November 2017 to 1 January 2018 across the Christmas and New Year peak party season. The tone was intended to be a balanced message between being safe and sensible but also enjoying the party season. Emphasis was put on eating before going out, safer drinking (pacing and spacing) and planning your journey home in advance. The aims of the campaign were to:

- Provide advice to employers and their staff in the Christmas period in terms of sensible drinking and planning advice (via an electronic toolkit).
- Digital messaging aimed at the public (with a specific focus on central London “hot spots”)
- Providing supporting materials and messages to London Boroughs, NHS bodies and other relevant partners.
- Providing a tool (developed by GLA SafeStats) to help local public health agencies and others to accurately target specific audiences with relevant messages

Overall feedback has been very positive and encouraging for future campaigns with the campaign receiving a mention in the ADPH weekly update to all DsPH. The objectives of encouraging people to be safe and responsible over the festive period seem to have been well accepted. The dedicated webpage received over 2,911 unique views and over 796,353 impressions (how many times the advert was seen) were viewed in the City. Interestingly tweets with the highest engagement were the ones that encouraged pacing drinks, trying non-alcoholic drinks and not feeling pressured to drink in rounds. Initial statistics from City Police are also positive compared to the year before.

The Community Safety Team also supported the deployment of a mobile police station over the festive period providing materials, for example leaflets on domestic abuse and rough sleepers, and bag hangers to hand out to the public.

The Christmas Campaign also took advantage of the opportunity to highlight the ‘consent is like tea’ campaign with a link to the webpage included in the toolkit.

New guidance on modern slavery

The LGA in partnership with the Independent Anti-Slavery Commissioner has produced a new guide on modern slavery. The purpose of this guide for local authorities is to increase awareness of modern slavery and provide clarity for local authorities on their role in tackling it. The guide encourages councils to consider how they can ensure a joined-up approach to the issue across their organisation and outlines how local authorities play a role through four key areas:

- Identification and referral of victims
- Supporting victims – this can be through safeguarding children and adults with care and support needs and through housing/homelessness services
- Community safety services and disruption activities
- Ensuring that the supply chains councils procure from are free from modern slavery.

City Drug Profile

Community Safety are working with Public Health and City Police to develop a City Drug Profile. This will aim to pull together existing information as well as exploring the potential of anonymised sampling (e.g. via pooled urine) to provide an insight to behaviours within the City.

The City Community Multi-Agency Risk Assessment

The City Community Multi-Agency Risk Assessment (CCM) enables professionals to share information relating to criminal and anti-social behaviour (ASB) within the City of London, with a focus of individuals at high risk. Since October 2017 three cases have been referred to the CCM. These have highlighted a wide range of issues including individuals repeatedly threatening suicide, mental health problems and isolation amongst older City residents.

Forthcoming Activity

Community Safety will be supporting Sexual Abuse and Sexual Violence Week (5 – 11 February).

For further information contact David Mackintosh, Community Safety Manager,
David.MackIntosh@cityoflondon.gov.uk

2. Healthwatch Update

Healthwatch City of London work on primary care: The Healthwatch City of London board has focussed on primary care as a priority area for residents and City people. One of our board members sits on the Local GP Provider Contracts Committee and contributes the City perspective on this important area. We were delighted to welcome Richard Bull, Programme Director for Primary Care at City & Hackney CCG to our December board meeting. Points covered included:

- On the CCG dashboard, the Neaman Practice scores above the CCG average. Its level of achievement is high compared to London benchmarks. The indicators came from a GP survey.
- The GP to patient ratio at the Neaman is a healthy one, the practice has 10 GPs or 6 FTE.
- The board raised concerns that the telephone triage may not pick up on social isolation. Mental health care needs could escalate as a result of this. Social prescribing services are run for the City that residents can be referred to.
- City workers are only seen as part of the urgent care duty, not routine care. Community nurses only have responsibility for residents registered with the Neaman and not those who are with other GPs in other boroughs. It was highlighted that many patients are left on the fence.
- A feasibility study is being undertaken on how the Neaman is coping with demand. A task and finish group has been set up to look at other options for the

City to see if there are options for expanding the practice. The groups will report back on their findings. The cost per patient for rent and rates is £51 at the Neaman compared to £18 in Hackney.

Tackling Homelessness in the City: Healthwatch has supported the City campaign on rough sleeping and homelessness in the City. We have used social media to promote the campaign and encourage people to make referrals to Streetlink via the app, website and national helpline.

For further information contact Janine Aldridge, Healthwatch City of London, healthwatchcityoflondon@ageuklondon.org.uk

3. Sexual Health London Programme

Sexual Health London Programme update: The Health and Wellbeing Board, previously received an update report on the Sexual Health London Programme at its meeting on 16 June 2017. This report outlined that the Department of Community and Children's Services (DCCS) had commenced as the host of the Programme. The June report also asked for approval (which was granted by the Board) to commence recruitment for a director for the Programme. This recruitment has been completed and Jonathan O'Sullivan began this role in September. Since June, the focus for the City Programme Team was to finalise the sexual health e-service contract award to a consortium led by pathology provider Preventx with Chelsea and Westminster NHS Foundation Trust, Zesty and Lloydsonline. The contract became effective at the end of August, and the City Programme Team manage this contract on behalf of twenty-seven London boroughs. The procurement outcome was independently reviewed by the Crown Commercial Service who concluded the process had been robust.

Media attention: There has been sustained media interest in access to sexual health clinics across London. The City Programme Team has coordinated responses between the various stakeholders.

Commencement of the e-service: The e-service commenced on 8 January 2018, this followed a process of rigorous testing over the festive period and a thorough review of the services' readiness by the City ahead of the decision to go live. It was launched across the three sites currently operated by Homerton University Hospital Foundation Trust. Eligible service users are now able to opt for this convenient self-sampling pathway or the traditional clinic-based pathway. This additional pathway will help to ease the pressure on busy clinics who can in turn prioritise medically and socially complex cases. The next steps for the e-service will be the rolling out to approximately fifty more clinical sites across participating boroughs, and this is due to be completed by the end of April 2018. In addition to the service being promoted in clinics, it is also available via clinics' web pages to prevent unnecessary attendances.

Governance: In addition to the commissioning of the e-service, the City Programme Team, has fully mobilised (and is hosting) a new governance programme for thirty-one participating local authorities. This governance role supports the e-service and wider local authority related sexual health commissioning.

Local services: Following the re-procurement of sexual health services in City and Hackney, the sexual health clinic for the City of London will be relocating from St Bartholomew's Hospital to a brand new clinic which will be located on Leadenhall (still inside the Square Mile and more conveniently located for most City workers). The modern new clinic will open in April 2018, and there will be no gap in service between the old clinic closing and the new clinic opening.

For further information contact sexualhealth@cityoflondon.gov.uk

4. Business Healthy update

Over the last 12 months Business Healthy has been going from strength to strength and continues to work towards supporting the City of London Corporation's statutory obligations with regards to the health and wellbeing of the local workforce, in line with the Joint Health and Wellbeing Strategy. The network's membership, including that of large and influential organisations, is growing by the day, encouraged by events and activities led and/ or supported by Business Healthy and its partners.

Key achievements include:

- Continued work with Samaritans to host Suicide Prevention Awareness Workshops (January, February and December 2017). 100 individuals were trained across the three sessions, which also included a train-the-trainer module.
- Business Healthy Challenge (May 2017). 134 City workers from eight different organisations took part in this three-week physical activity challenge during May's National Walking Month. 13 million steps were taken, representing 5,568 miles. Participants' activities covered a total distance of 9,075 and post-Challenge feedback demonstrated positive behaviour change for the long-term.
- "Release the Pressure" mental health campaign launched in summer 2017 (ongoing). The City of London's first ever mental health campaign was seen almost 30 million times across the four-week advertising period alone and visits to the Mental Health webpage of the City Corporation's website increased tenfold. The campaign also inspired the creation of Dragon Café in the City.
- Business Healthy Conference on An Ageing Workforce (September 2017). This high-level conference at Mansion House was attended by senior business figures and speakers included the Cabinet Office's Chief People Officer.
- Through promotion via Business Healthy, significant numbers of City businesses have been accessing City of London Corporation commissioned services for their employees, including City Advice, WDP Square Mile Health and City LivingWise.
- Dragon Café in the City pilot (launching in February 2018). Business Healthy has been fundamental to bringing the Dragon Café model to the City, which is possibly the City Corporation's first-ever social enterprise.

The Business Healthy Strategy 2017-2020 was approved by the Health and Wellbeing Board in June 2016 and outlined four key priorities, which are listed below and include example actions taken against each priority area.

Expand the Business Healthy network

Targets were set within the strategy to encourage long-term and sustained expansion of the network, covering a range of different indicative metrics:

Metric	Dec-16 actual	Dec-17 target	Dec-17 actual (% difference from Dec-16)	Dec-18 target
Individual organisations (members)	242	603 (+149%)	652 (+169%)	1200 (see below for breakdown)
Newsletter subscribers*	843 (Jan-17)	1206 (+43%)	1033 (+23%)	1400
Twitter followers	479	1100 (+130%)	787 (+64%)	1310
LinkedIn followers	62	153 (+147%)	150 (+142%)	330
% of member organisations based in City	61% (Feb-17)	62%	53% (-13%)	67%

*The number of newsletter subscribers is used to estimate the number of individual Business Healthy members. When registering to the website, individuals have the option to opt-in to the newsletter, but not all do, so this is an indicative figure.

Significant growth across different areas has been achieved. The number of individual member organisations is the most important and the above figures show that the target set was both met and exceeded. Ambitious targets have been set to expand the network further over the coming year. Social media reach has increased, although not as fast as had been originally envisaged. To help further accelerate social media reach, Business Healthy will work with the Corporation's social media lead to develop a social media engagement plan for the next 12 months.

There was also a marked increase in the number of visits, new and returning visitors and direct traffic to the Business Healthy website between August and November 2017, compared with the same period in 2016. This was partly driven by the "Release the Pressure" mental health campaign and the free Health and Wellbeing Campaigns Calendar, developed with input from Hackney Council's Public Health team, for local employers to download.

Make Business Healthy the "go-to" health and wellbeing resource for City businesses

The website continues to be the main hub of Business Healthy's offering to members and newsletters are circulated to the network on a weekly basis, serving as a round-up of workplace health-related activity taking place across the City Corporation and the Square Mile more widely. During 2017 Business Healthy led on 11 individual events, campaigns and campaigns – covering a wide range of workplace-related health and wellbeing subjects – and supported a further 14. Where possible, events and activities have been held in collaboration with key partners also operating within the sphere of workplace health and wellbeing in the City.

Secure high-level buy-in

Business Healthy continues to provide support to high-profile Square Mile initiatives and events, including the Lord Mayor's Appeal's "This Is Me – In the City" and Citywork Conference 2017. Public Health England's London division has offered to endorse the Business Healthy Challenge in 2018 and continuing work is being done to raise the profile of the network among Members and relevant areas of the City Corporation.

Make Business Healthy financially self-sustaining

The strategy outlined that efforts would be made over its duration (2017-20) to move towards making Business Healthy financially self-sustaining, securing a certain

percentage of its budget through sponsorship and/ or income-generating activities. The savings targets were set as follows:

2017/18: 5% (£1,781)

2018/19: 10% (£3,562)

2019/20: 17% (£6,055)

So far during the financial year 2017/18 Business Healthy has successfully secured approximately £5,000 in “in-kind” benefits and has raised £420 of income through charging event attendees. This represents a much higher figure than the target. Looking forward, Business Healthy will continue to seek in-kind sponsorship, as well as a higher proportion of direct income, through charging for events and in exchange for promotional opportunities.

Looking forward, efforts will continue across the four key priority areas, as outlined in the Business Healthy Action Plan. Research on worker health is currently in development, with results expected to be collected in 2018. This will provide important information for the Health and Wellbeing Board to determine the core priority areas for Business Healthy going forward.

For further information contact Xenia Koumi, Project Officer - Business Healthy, xenia.koumi@cityoflondon.gov.uk

5. Children’s Health Needs Assessment (CHNA)

The CHNA reviews recent evidence, policies and guidance that inform the provision of services for children and young people in the City of London. It pulls together local and national data from a range of sources to describe the needs of our children and young people. The CHNA has collated information from the 0-5 and 5-19 needs assessments, the children and young people’s mental health needs assessment, disabled children needs assessment and the child poverty needs assessment. The highlights of each section are outlined below.

0-5 and 5-19 needs assessment

- **Maternal Health:** Most of our births take place at UCLH. 75% of deliveries at UCLH from 2013/14- 2014/15 were to women of a healthy weight, 16% were to overweight women and fewer than five women were recorded as obese. This is lower than the London average. For women from the City of London who delivered at UCLH, fewer than five women across 2013/14-2014/15 were recorded as smokers on booking and fewer than five women were identified as ex- smokers at booking. No women were recorded as smoking at delivery across either year.
- **Breastfeeding:** In 2016/17, the percentage of infants that were of partially or fully breastfed was 85.7%, which is higher than the national average of 74.6%.
- **Obesity:** National Child Measurement Data (NCMP) data, in 2013/14-2015/16, shows that the level of obesity and excess weight at Reception and Year Six is higher than the London average but the numbers are low and therefore should be treated with caution.
- **Infant and Child Mortality Rates:** As of 2015, there had been no deaths of children or young people resident in the City of London for at least the last 5 years.
- **School readiness:** The school readiness review is designed to allow identification of problems and deliver interventions to improve a child's readiness for school.

76.5% of children reached a Good Level of Development in the City of London in 2016/17, higher than London (72.8%) and England (70.7%).

- Parental substance and alcohol misuse: In 2013-2015 no City of London mothers delivering at UCLH were recorded to have a current substance misuse or alcohol problem. On average, 5 families per year have contact with substance misuse services. The most common substance is alcohol but cases have also included those using prescription medication or cocaine. In each case substance misuse services work with children and families services (both early intervention and social care) to ensure that the needs of the whole family are being addressed.
- Domestic violence and FGM: There were 145 domestic abuse incidents reported to the Domestic Abuse Forum in 2013/14 (including both crime and non-crime incidents) with over three quarters of these being female victims. 80% of child protection investigations in the City of London between January and October 2014 included domestic abuse as a risk factor. Due to data restrictions it is hard to ascertain exactly how many women and girls are at risk of FGM in the City, although from the data we can access it is clear that very few are at risk.
- Safeguarding: During 2016/17 the City Corporation looked after a total of 17 children and young people under the age of 18. Eleven were in care at the start of the year and a further six came into care during the year. Five young people reached the age of 18 or were age-assessed to be 18, and all continued to receive the support of the City Corporation as care leavers.
- Sexual Health: Across 15-24 year olds, 37% of people were screened for chlamydia in 2014, a significantly higher rate than the London and England averages. The proportion screened has increased year-on-year for the past three years in the City of London. Data published by PHE reveals that the City of London had a lower detection rate than all of its statistical neighbours. Sexual health data must be treated with caution because of City workers using work postcodes to access services.
- Dental Health: The proportion of 0-17 year olds in the City of London who visited the dentist over a 2 year period is 122%, which is more than all of our statistical neighbours (which varied between 45% and 71% making one visit to the dentist). The City has a low rate of tooth extractions at only 1% of 0-17 year olds.
- Education: Based on school census data, in 2015/16 children in the City of London had the lowest rate of half day absences in London and the second lowest rate in England. No children were permanently excluded in the City of London in 2015/16.
- NEET: Being not in education, employment or training (NEET) is linked to a range of poor outcomes later in life, including poor health outcomes. In 2016, 1.5% of 16 & 17 year olds in the City were NEET, this is lower than the Inner London (1.9%) and England (2.8%) average.
- Environment: The City of London has a high rate of air pollution-attributable mortality at 8.4% of deaths. This is higher than the London average of 6.7%. However, Public Health England state that this indicator may not be accurate data for the City due to its small population. Air pollution is likely to contribute a small amount to the deaths of many people rather than being solely responsible for the 8.4% - which complicates the relationship between pollution and mortality.

Disabled Children's Needs Assessment

- Prevalence: Based on the ONS prevalence rates, there is an estimated 140 children in the City aged 1-19 with disabilities and a further 80 aged 20-14.

These numbers should be treated with caution as our low numbers make applying national prevalence estimations less reliable than in other local authorities.

- SEND: The total number of pupils with SEND within all City of London schools is 293, with 8 pupils having statements of SEND or Education, Health and Care plans (0.3% of pupils) and 285 receiving SEN support (12.2% of pupils). The City has a lower percentage of pupils with special educational needs across all schools when compared to England, London and Hackney. The City met the statutory guideline of carrying out an assessment and issuing an EHC plan within 20 weeks in 100% of cases in 2015.
- Autism: Applying the estimated prevalence rate of 1% to the GLA 2016 population estimates, this would result in an estimated 14 children and young people aged below 25 in the City of London with Autism Spectrum Disorder (ASD). However, if the estimate were to include those children as yet undiagnosed the figure would be 23 children and young people for the City of London. It is estimated that nationally 40% of those with autism are undiagnosed. Diagnosis of ASD is an area identified for improvement in the needs assessment.
- Health risks: Those with disabilities and long term health problems are at a higher risk of mental health problems, obesity, oral health issues and are at greater risk of abuse.
- Accommodation: City of London had the highest proportion of adults with learning disabilities living in settled accommodation (86%) however this is based on a smaller number of adults with learning disabilities.

Mental Health Needs Assessment

- Key factors influencing mental health in the City of London include ethnicity, religion, deprivation and housing. For instance higher rates of psychiatric admissions and suicides are seen in areas of high deprivation and unemployment and there are strong associations between poor housing or overcrowding and mental health problems.
- Many of the City's children and young people live in areas with high levels of deprivation and a prevalence of additional risk factors that are associated with increased incidence of mental ill-health.
- Based on MINI2K-adjusted estimates in 2014 there were 52 children (age from 5-15) in the City of London with a mental health disorder. These estimates include 19 children with emotional disorders, 18 with anxiety disorders, 4 with depression, 3 with conduct disorders and 8 with hyper kinetic disorders.

Child Poverty Needs Assessment

- Child poverty remains an issue in the City; however according to official figures the overall trend since 2008 seems to be decreasing. Key informants feel that numbers are too small to say whether it is getting better or worse. There remain major differences in deprivation between geographical areas (Portsoken is much more deprived than the area around the Barbican) which may be impacting overall child poverty rates. National and local trends show increasing pressures on families, which could make it very challenging for the City to achieve the aim of reducing child poverty.
- The small numbers of families in poverty known to our services face a diverse range of challenges and barriers. These families are both workless and working.

Employment tends to be low-pay, part-time or on zero-hour contracts, having further potential impacts on childcare, income and benefits.

- Families who are the most deprived are more likely to have been poor for generations. This has been observed as a particular issue among the community of Bangladeshi origin, some of whom are also living in overcrowded accommodation.
- The high cost of living in the City, especially private housing costs, make private renting an impossible option. As parents are both income-poor and time-poor, affording and scheduling childcare is a challenge.

To see a copy of the full needs assessment please contact Tizzy Keller, Strategy Officer – Health and Children, tizzy.keller@cityoflondon.gov.uk

6. Children and Young People's Plan consultation

The Children's Health Needs Assessment has been used in determining the priorities of the new Children and Young People's Plan 2018-21. The draft plan will be out for consultation from 26 January for 6 weeks. Please visit <https://www.cityoflondon.gov.uk/services/health-and-wellbeing> once the consultation period opens to review the plan and respond to the consultation.

7. Integrated commissioning and Better Care Fund

The City of London Corporation entered into integrated commissioning arrangements with City and Hackney CCG in April 2017. These arrangements aim to commission jointly across health, public health and social care, making best use of resources, reducing duplication of services and improving patient / service user experience. There are separate arrangements between the City of London Corporation and the CCG and between LB Hackney and the CCG.

The governance structure for integrated commissioning is now well established and there are four workstreams where the work of integrated commissioning is carried out – unplanned care, planned care, prevention and children, young people and maternity services. Each workstream has a set of priorities and a workplan. Some current key areas of work in the workstreams include development of a neighbourhood care model (integrated care at a local level built around GP practices), proposals for integrating funding and processes for continuing healthcare and social care packages of care and making every contact count (encouraging and training frontline professionals to promote health messages to the people they are working with).

An independent organisation has been appointed to do a longitudinal evaluation of the integrated commissioning arrangements, including a specific focus on the City and its needs.

The Better Care Fund (BCF) is a pooled budget of health and local authority funding designed to help integrate services at a local level and currently sits within the integrated commissioning arrangements. The current round of BCF is for two years (2017-19). Health and Wellbeing Boards are the accountable bodies for BCF and local BCF plans are submitted to NHS England for approval. The requirements for

BCF include a number of national conditions which must be met and four key metrics against which performance is monitored. These are non-elective hospital admissions (NEAs), permanent admissions to residential care, the number of people still at home 91 days after hospital discharge and the number of days of Delayed Transfers of Care (DTOCs). The targets for NEAs and DTOCs are defined within parameters set by NHS England.

The City of London performs well on these metrics and is currently on track in relation to targets. There have been some issues with incorrect reporting of DTOCs by providers. The City of London Corporation has had assurances from two providers that they will correct DTOC figures which have been incorrectly attributed to the City of London Corporation. Furthermore, there is now a new requirement that any provider who reports any DTOC has to have these validated by the area concerned. This should remove any future incorrect reporting.

For further information contact Ellie Ward, Integration Programme Manager, ellie.ward@cityoflondon.gov.uk

8. Pharmaceutical Needs Assessment (PNA) consultation

The government requires all Health and Wellbeing Boards to produce an assessment of pharmaceutical services in its area at least every three years. The next PNA for the City of London is due by the end of March 2018. There are 16 community pharmacies in the City of London which equates to 211.8 per 100,000 population, this is due to the very low resident population in the City. This figure is significantly higher than both the London average of 21.7 and the national average of 21.5 per 100,000 population. However, when the high influx of daytime workers is included in the calculations (360,075) then the average drops significantly to 4.4 community pharmacies per 100,000 population (workday population). The majority of community pharmacies - 14 (87.5%) - in the City of London are open on weekday evenings, seven (44%) are open on Saturdays and three (19%) are also open on Sundays. The PNA findings show that City residents are well-served with community pharmacies with good access to a range of services.

We are required to consult with any patient and consumer living in the City of London, and also community groups within the City, who have an interest in the provision of pharmaceutical services. The consultation period runs until 9 February, please visit the website to respond:

<https://www.cityoflondon.gov.uk/services/health-and-wellbeing/Pages/pna.aspx>

9. CityWell update

CityWell is the health and wellbeing programme run by the City of London Corporation to promote the health of our diverse workforce. The programme has now been running for around two years and has made great progress in improving staff health and wellbeing.

As part of our CityWell plan, we are developing a CityWellbeing Ambassadors Network. This network is a group of wellbeing champions who campaign to ensure that the wellbeing of the Corporation's staff is valued. The first CityWellbeing

Ambassadors Network was launched at the beginning of January at the Guildhall and 13 employees from various departments have volunteered to become CityWellbeing Ambassadors. A network page on Share Point has been created to provide them with tools, information and the latest news about wellbeing.

In addition, the Corporation has planned NHS Health Checks with City LivingWise for all our employees over 40 years old. The event will take place at the Guildhall for two days in March.

For further information contact Sandrine Rivoal Pluviaux, Health, Safety and Wellbeing Advisor, Sandrine.Pluviaux@cityoflondon.gov.uk

Sarah Thomas

Health and Wellbeing Executive Support Officer

T: 020 7332 3223

E: sarah.thomas@cityoflondon.gov.uk

Committee(s)	Dated:
Health and Wellbeing Board – For Information	02/02/2018
Subject: Barbican and Community Libraries support for health and wellbeing	Public
Report of: Director of Community and Children’s Services	For Information
Report author: Geraldine Pote, Principal Librarian, Barbican Library	

Summary

This report brings together information about services provided by Barbican and Community Libraries (B&CL) which promote and support the health and wellbeing of customers of all ages including City residents, City workers, students and regular visitors to the City of London. Support and information are provided in a range of ways: our safe, welcoming, neutral community spaces; an expert enquiries service; a comprehensive range of resources (physical and digital) for reference and loan; and a wide range of library-based activities and events that promote good physical and mental health and a better sense of wellbeing.

We have worked closely with public health on the “Release the pressure” campaign. This is a pilot project testing out new ways of working with City workers to create a “mental wellbeing sanctuary” in the City, for which we have obtained a £15,000 grant from the Carnegie Enterprising Libraries Fund, one of only 14 successful applications from a field of 120. Following on from the creation of “Sanctuary Spaces” at Shoe Lane Library, loans of health and wellbeing related stock increased by 7%.

In our latest general customer user survey, 34% of respondents stated that the libraries had helped with their health and wellbeing.

Recommendation(s)

Members are asked to:

- Note the report.

Main Report

Background

1. In 2014, Arts Council England commissioned SImetrica to conduct a study on how public libraries make a positive impact on health and wellbeing. The resulting report, “The health and wellbeing benefits of public libraries” found that:

- Libraries play an important role in society as providers of a range of services from book lending and computer access to children's activities, training courses and meeting space.
 - Library engagement has a positive association with general health and being a regular library user is associated with a 1.4 per cent increase in the likelihood of reporting good general health.
 - Based on reductions in GP visits caused by this improvement in health, they predict the medical cost savings associated with library engagement at £1.32 per person per year and aggregate NHS cost savings across the library-using English population to estimate an average cost saving of £27.5 million per year.
 - These savings are confined exclusively to medical costs and there are likely to be other areas where the secondary benefits of local libraries may be felt, such as social care, education, skills training and employment. These figures therefore represent just a subset of the secondary benefits that local libraries provide.
2. Following extensive research and consultation, in 2016 the Department of Digital Culture, Media and Sport's Libraries Taskforce published its findings in the report "Libraries Deliver: Ambition for Public Libraries in England 2016 to 2021" This report found that libraries can deliver social change by focusing on seven outcomes:
- cultural and creative enrichment
 - increased reading and literacy
 - improved digital access and literacy
 - helping everyone achieve their full potential
 - healthier and happier lives
 - greater prosperity
 - stronger, more resilient communities

2.1. The following is taken from Outcome 5: Healthier and happier lives:

"Libraries increasingly focus on preventative work, helping people manage their own health to reduce both the burden on the NHS and health inequalities. By extending joint working and sharing resources with health providers, public libraries will become increasingly important partners, leading to users having healthier and happier lives.

Libraries offer a wide range of health information, both online and through quality-assured reading lists dealing with the more common health conditions. In their role as community hubs, libraries also offer non-clinical spaces in localities where health and wellbeing groups can work with the community in a trusted and non-threatening venue. This helps support people in self-care and in self-management of long-term conditions (LTCs). People with LTCs spend less than 1% of their time in contact with healthcare professionals and rely on community support to help them for the rest of the time.

Libraries play an important role in boosting health literacy: a person's skills, knowledge and understanding about how to find and use information so they can act to support and improve their own health and wellbeing. Research shows that currently 43% of working age adults don't understand health

information given to them (up to 61% where this includes statistics). The NHS England Five Year Forward View stresses the need for people to manage their own health to help prevent illness; libraries help achieve this, closing health equality gaps through empowering more people in this way.

They're also places where people can come to meet others. Reducing social isolation is an important issue. In a 2013 study, 59% of adults aged over 52 who reported poor health said they felt lonely some of the time or often, compared to 21% of those who said they were in excellent health. Research suggests there are significant associations between frequent library use and reported wellbeing, and also between improved access to health information through libraries and reduced calls on services such as GPs."

3. In common with public libraries across the country the City's lending libraries have always played a role in supporting the health and wellbeing of their customers through:
 - the provision of reading matter in a variety of formats on subjects including general health, specific health issues and conditions, diet and nutrition, exercise and self-development;
 - "food for the soul" in terms of imaginative literature, poetry, memoir and music in addition to information to enhance and inform leisure pursuits and interests such as art and craft, sport and local and family history;
 - Provision of information about health and health services in the form of posters, leaflets and a full enquiries service including guidance in the use of online resources; and
 - Support in finding appropriate information and reading materials.Traditionally the role was a fairly passive one and wholly dependent on the customer knowing that a) libraries carry resources which would be of use to them and b) their having the courage to ask for help.

Current Position

4. Barbican and Community Libraries (B&CL) staff are now much more proactive in promoting and supporting healthy lifestyles and, working with partners, delivering key messages about coping with health challenges and living life to the full. This transition was under way before the transfer of public health responsibilities to local authorities but this change has provided fresh impetus and focus. Libraries are now key partners in the delivery of the City of London's Joint Health and Wellbeing Strategy.
5. Nationally the Society of Chief Librarians has responded to this refocussing of services by including health and wellbeing as one of its "universal offers" i.e. providing centralised guidance and support for health and wellbeing initiatives and, in partnership with the Reading Agency, making available a suite of resources put together by health professionals for use by libraries and health practitioners across the country.
6. In our survey of adult customers carried out in June this year, 34% of respondents said that Barbican and Community Libraries had helped with their health and wellbeing. In addition 88% of customers attending Barbican Library events between June and November 2017 said that the library has a positive effect on their health and wellbeing.
7. The City of London's Social Inclusion strategy, "Improving Social Wellbeing

in the City of London” includes the following statement:

Public libraries provide a shared space where people feel they belong and where people feel comfortable visiting on their own. This provides an accessible, safe and relaxed space where people can access help at their own pace. Our efforts to improve social wellbeing will therefore take a ‘libraries first’ approach.

8. Mental health

- 8.1. Although now embedded in the general social prescribing offer, the Books on Prescription concept goes back to pioneering work carried out by Professor Neil Frude in Wales at the turn of the century. Barbican and Community Libraries has been participating since the roll-out of the first nationally recognised Books on Prescription list in 2013 which addressed mild to moderate mental health conditions such as anxiety, depression and eating disorders. The titles were chosen by health professionals and support a self-help approach, often using the CBT model. The titles are freely available across the service and can be reserved free of charge if on loan. The list was promoted within the libraries, online and via the Neaman Practice and continues to be highlighted during health information weeks and at outreach events.
- 8.2. Our libraries stock a wide range of books, e-books, e-audio books, CDs and DVDs which support self-development and stress reduction including mood music and guided meditation. Staff can support customers in finding information online and completing self-help courses such as “The Mood Gym”. Several “mood boosting” lists have been drawn together into one and promoted, for instance, during mental health week. These cover fiction, poetry and memoir which readers have found to be uplifting whilst, for instance, living with cancer or depression.
- 8.3. For City workers, our libraries provide a place of refuge from the stress of the workplace. Last year Shoe Lane Library was remodelled to incorporate several “Sanctuary Spaces”, one of which also specifically showcases self-help wellbeing materials. Shoe Lane Library has seen a 7% increase in the use of health and wellbeing materials since the introduction of the new areas.
- 8.4. Knowing that many City workers are under considerable pressure, we make a point of highlighting our health offer when we visit firms to tell them about library services. We also offer regular lunchtime talks on coping strategies such as mindfulness, self-esteem and self-development, maintaining good relationships, and improving sleep patterns.
- 8.5. In 2018 Shoe Lane Library will be hosting the Dragon Café in the City. The Dragon Café is a collaboration between the City of London Corporation, Mental Fight Club, Shoe Lane Library and Output Arts. It aims to promote good mental wellbeing through a bi-weekly programme of activities including tai chi, chess, art workshops, talks and film screenings. This work is funded by a £15,000 grant from the Carnegie “Enterprising Libraries” fund. The City’s was one of only 14 successful applications from a field of 120.
- 8.6. The second of the Books on Prescription lists covers information for people living with and caring for those with dementia as well as for those who have not yet received a diagnosis. This list is heavily promoted during Dementia Awareness Week when our libraries also host information stalls and talks by representatives of the Alzheimer’s society. The list sits alongside our own list for carers, developed in partnership with the City’s Adult Social Care team,

and the separate Carers' Collection at Artizan Street Library. In addition to titles providing information and practical advice, this list includes life stories, providing a sense of shared experience and encouragement. Carers UK provide stalls and talks in our libraries during Carers Week and Carers Rights Week and there are regular "tea and cake" events at Artizan Street Library which give carers the chance to talk with others in similar situations.

9. Social Inclusion

- 9.1. Although reading is often viewed as a solitary occupation our libraries offer much to support social connection and consequent wellbeing
- 9.2. Barbican and Community Libraries provides a home delivery service to 30 people who would otherwise find it difficult to use the libraries. Providing books and other materials keeps open a window on the wider world and the regular collection and delivery service provides a valuable point of social interaction. Customers are therefore supported in remaining in their own homes, particularly as all Library staff have safeguarding training and can report any concerns they have for the wellbeing of their customers.
- 9.3. All library staff have also received training in dementia and autism awareness so as to be able deal sensitively with people living with these conditions.
- 9.4. Library staff are also trained to support customers in applying for 60+ Oyster cards and Freedom passes and organise 1-1 computer taster sessions to help digitally excluded customers get online and stay in touch with friends and family.
- 9.5. Libraries are open to all, free of charge and perceived as safe, neutral, community spaces. Our lending libraries, though generally peaceful, are not silent so customers can enjoy friendly interaction. All the libraries are accessible so that everyone can utilise the service.
- 9.6. Several groups meet on Library premises to share their interests, hone their skills and interact socially. This includes the Craft and Conversation circle and Speaking English with Confidence sessions at Barbican Library and the poetry reading circle and art class at Artizan Street Library. There are also free lunchtime talks on a variety of literary, cultural and historical themes and opportunities to attend free evening events at Barbican Library such as book and exhibition launches.
- 9.7. In addition to providing free access to two practice pianos, Barbican Library organises the annual "People's Piano" project, bringing together residents with a range of skills including complete beginners, and Guildhall School of Music & Drama students who provide 10 lessons as part of the teaching requirement of their degrees.
- 9.8. Reading groups and book clubs provide a focus for conversation and a widening of horizons. Every month, 12 book clubs for all ages take place in our libraries with an average attendance of 8 people per session. B&CL also support community and workplace book clubs by providing suggestions and materials.
- 9.9. Read and Relax, a therapeutic reading group led by the library service, takes place once a month at Golden Lane Leisure Centre. Following the model pioneered by Jane Davis of Liverpool University, participants read a story and poem together and use this as a springboard for discussion and reminiscence rather than literary criticism. The group is open to all but since its inception in 2013, several of the members who have come and gone have been dealing

with memory problems or dementia. Currently around half a dozen people meet each month out of a core group of 10. When surveyed all of the participants agreed or strongly agreed with the statement “(By attending the group) I have enjoyed opportunities to connect with people I wouldn’t normally meet”.

10. Physical Health

- 10.1. Libraries stock a wide range of books, DVDs and online resources to help customers understand and manage health conditions such as high blood pressure, irritable bowel syndrome, arthritis and cancer. Arthritis Care have provided information stalls giving advice and guidance in how to live well with both osteoarthritis and rheumatoid arthritis. The latest Books on Prescription list is centred on long-term conditions such as diabetes, asthma and heart disease.
- 10.2. In addition to medical resources, wider wellbeing issues are addressed such as diet and nutrition, exercise and weight loss in addition to other healthy activities such as sport, yoga and pilates and gardening. This stock is highlighted from time to time with special promotional displays, for instance in National Walking month we put the spotlight on our maps and walking guides, walk for health books and walking memoirs plus information about local activities such as Walk for Health, London guided walks and Young at Heart. Our annual City Read reader development festival (taking place in May 2018) includes local walks which echo themes and places from the featured book and the Friends of Barbican Library lead a fundraising walk each Autumn.
- 10.3. Artizan Street Library is the focus for many of our health related activities which take place in its specially equipped community spaces. These include a range of fun exercise classes, smoking cessation courses and health MOTs. All the libraries promote Stoptober with events, stalls and talks highlighting smoking cessation support in the City. In addition all three libraries participate in the “Come Correct Scheme” providing free condoms for 16-24 year olds.

11. Employability

- 11.1. It is recognised that meaningful work is often central to self-esteem and self-realisation and financial security can make a healthy lifestyle more achievable. Barbican and Community Libraries support jobseekers by providing a range of resources, hosting CV workshops and helping people get online and complete job applications. We have resources to underpin formal and informal education and training and continuing professional development. Of particular help to students is our provision of access to research papers (via the Access to Research resource) and academic periodicals via JSTOR. Our specialist music resources such as Naxos and the International Index to Music Periodicals provide information for academic, vocational and leisure musical research.
- 11.2. Our Skills for Life Sections include substantial collections of material for supporting both teachers and learners of English as a foreign or second language and also resources to help adults develop their literacy, numeracy and other life skills.

- 11.3. Libraries offer many opportunities for individuals to gain work skills via volunteering and work experience. Volunteers are actively recruited and trained to deliver our most important youth literacy projects: Read to Succeed and the Summer Reading challenge. Young people following the Duke of Edinburgh award scheme complete their community volunteering element by shelf-tidying for an hour a week. Friends of the Barbican Library help out with events, outreach and customer consultation. School students and library school students complete one or two week placements each year. We have also been fortunate in being able to take on two apprentices in the last year.

12. Children and Young People

- 12.1. B&CL staff are committed to giving children the best start in life and this extends well beyond literacy skills. The service includes stock for parents and carers covering such topics as child development and parenting skills. In addition, staff from the Children and Families Information Service regularly attend Under 5s events in order to meet parents and offer advice and support. Regular events such as Stay and Play, Rhymetimes and Dads' Rhymetimes give parents and carers a chance to meet, chat and build social networks for adults and children alike. Parents living in the vicinity of Shoe Lane report social isolation but have used the twice weekly Stay and Play sessions at the library to make connections and have created their own babysitting circle.
- 12.2. Parents have been given the opportunity to learn first aid for children in our libraries and to take part in Toddler Talk which aims to improve speech amongst 2 year olds. Libraries also offer access to Treasure Baskets which are full of sensory items to help children learn. Children have been given dental examinations in the libraries due to a partnership with one of the City's dental practices.
- 12.3. "Shelf Help", the Books on Prescription list for Children and Young People is mainly aimed at under 14s and covers such topics as depression, self-esteem and eating disorders. The list has been disseminated via displays in both adult and children's libraries and has also been a topic for discussion at the reading group for the oldest child age group at the Barbican Library.
- 12.4. As previously mentioned, Children's Services also provide ample scope for volunteering and those involved have a very clear idea of the difference they can make to a young child's prospects in life.

Corporate & Strategic Implications

Our work is directly related to the following strategies and objectives:

The City and Hackney's Joint Health and Wellbeing Strategy priorities:

1. Good mental health for all
4. All children have the best start in life
5. Promoting healthy behaviours

DCCS Objectives:

2. Potential - People of all ages can achieve their ambitions through education, training and life-long learning

3. Independence, involvement and choice - People can live independently and exercise choice over their services
4. Health and Wellbeing - People of all ages enjoy good health and wellbeing
5. Community - People of all ages feel part of, engaged with and able to shape their communities

B&CL top line objective:

4. People of all ages enjoy good health and wellbeing

Implications

There are no financial, legal, property or HR implications to consider.

Conclusion

Barbican and Community Libraries makes a significant contribution to the realisation of local and national goals as regards the physical and mental health of people in the City of London. The “Libraries First” policy has resulted in many powerful partnerships and collaborations, the latest of which is Shoe Lane Library hosting the Dragon Café in the City project.

Geraldine Pote

Principal Librarian, Barbican Library

T: 020 7332 1945

E: geraldine.pote@cityoflondon.gov.uk