

Summary report from Health and Wellbeing Board, 2nd February 2018

Summary

This report is intended to update any interested groups on the work of the Health and Wellbeing Board. It includes information on items considered by the Board at their latest meeting on 2nd February 2018. Details on where to find further information or contact details for the relevant officer are included for each item.

Full minutes and reports are available at:

<http://democracy.cityoflondon.gov.uk/ieListMeetings.aspx?CId=994>

- 1. Joint Health and Wellbeing Strategy Action Plan Progress Report**
- 2. Local Government Declaration on Sugar Reduction and Healthier Food**
- 3. Preventing Drug Use Among Workers in the City of London**
- 4. Mental Health Training for Corporation Staff**
- 5. Barbican and Community Libraries Support for Health and Wellbeing**

1. Joint Health and Wellbeing Strategy Action Plan Progress Report

- 1.1 The Board received a progress update on the action plan which underpins the City of London Joint Health and Wellbeing Strategy.
- 1.2 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. It sets out five key priorities:
 - Good mental health for all
 - A healthy urban environment
 - Effective health and social care integration
 - Children have the best start in life
 - Promoting healthy behaviours
- 1.3 The majority of actions on the Joint Health and Wellbeing Strategy are on-track and progressing.
- 1.4 The Joint Health and Wellbeing Strategy can be viewed here:
<https://www.cityoflondon.gov.uk/services/health-and-wellbeing/Documents/joint-health-and-wellbeing-strategy.pdf>. For more information or to review the action plan, contact Tizzy Keller (tizzy.keller@cityoflondon.gov.uk)

2. Local Government Declaration on Sugar Reduction and Healthier Food

- 2.1 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. Several London boroughs have already signed up, and many more are in the process of doing so.

2.2 The City of London 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.

2.3 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.

2.4 The Board endorsed this proposal and committed to action across six key areas:

- Tackling advertising and sponsorship
- Improving the food controlled or influenced by the local authority and supporting the public and voluntary sectors to improve their food offer
- Reduce the prominence of sugary drinks and actively promote free drinking water
- Support businesses and organisations to improve their food offer
- Public events
- Raising public awareness

2.5 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.

2.6 Contact: Xenia Koumi (xenia.koumi@cityoflondon.gov.uk).

3. Preventing Drug Use Among Workers in the City of London

3.1 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.

3.2 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.

3.3 The City of London Corporation undertakes specific work to prevent drug use among its worker population and also to tackle existing issues. The Corporation has 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

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>

- Safer City Partnership and the City of London Police

3.4 In addition, the Safer City Partnership intends to establish a new multi-agency partnership group, informed by a current health needs assessment, which 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.

3.5 Contact: Xenia Koumi (xenia.koumi@cityoflondon.gov.uk)

4. Mental Health Training for Corporation Staff

4.1 A key theme of the City of London Corporation's Health Safety and Wellbeing Strategy (2018 - 2023) is tackling work-related ill health, including:

- Developing the wellbeing of our workforce
- Reducing the stigma around mental ill health
- Providing a safe and healthy working environment.

4.2 The Corporation is therefore embedding mandatory mental health learning and development training for all managers and supervisors. This helps to create a healthy working environment for all, breaks down the stigma often associated with mental ill health and trains line managers in mental health awareness so that they feel equipped to have conversations with staff about their mental health and confidently signpost them to services.

4.3 Thus far the programme has delivered:

- Training for two accredited Mental Health First Aid Instructors, who can then go on to train others in the Corporation.
- Mental Health First Aid Training and Mental Health Awareness training for managers, with 75 managers trained to date including 2 Chief Officers.
- Line Managers Guide to Mental Health, a bespoke e-learning course on City Learning which 150 managers have successfully completed, including 2 Chief Officers.
- A CityWell Ambassadors Network is now being developed and consideration is being given to having a lead ambassador for mental health.
- Agreement has been reached with Mental Health First Aid (England) to hold a joint mental health conference / seminar at Guildhall on 18 May 2018.

4.4 The Health and Wellbeing Board agreed to continue to champion mental health training and development, and to encourage the engagement of Chief Officers and Senior Management Teams in promoting the mental health training within their departments.

4.5 Contact: Justin Tyas (justin.tyas@cityoflondon.gov.uk)

5. Barbican and Community Libraries Support for Health and Wellbeing

5.1 Barbican and Community Libraries provide a range of services 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: the provision of 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. In the latest library general customer user survey, 34% of respondents stated that the libraries had helped with their health and wellbeing.

5.2 Barbican and Community Libraries has worked closely with public health on the launch of the Dragon Café in the City. 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 the library has obtained a £15,000 grant from the Carnegie Enterprising Libraries Fund, one of only 14 successful applications from a field of 120.

5.3 The Dragon Café in the City 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. For more information visit: www.dragoncafeinthecity.com

5.4 Contact: Geraldine Pote (geraldine.pote@cityoflondon.gov.uk)

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