

## Summary report from Health and Wellbeing Board, 28<sup>th</sup> November 2014

### 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 28<sup>th</sup> November 2014 and updates on other items relating to health and wellbeing in the City of London. 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?Committeeld=994>

### Committee updates

- London Health Commission report: Better Health for London
- Ebola Virus Disease Briefing
- Workplace Health Centre
- Draft City of London Air Quality Strategy 2015 - 2020
- City of London Dementia Strategy Update

### Local updates

- Royal Society of Public Health Award
- London Healthy Workplace Charter
- Reading Well Books on Prescription
- Thames Strategy
- Environmental Enhancement Strategies
- JSNA City Supplement: Communication and dissemination plan

## COMMITTEE ITEMS

### London Health Commission report: Better Health for London

1. The Better Health for London report sets out an ambitious plan to improve the health and wellbeing of Londoners, from the provision of NHS services to public health concerns such as tobacco, alcohol, obesity, lack of exercise and pollution.
2. Members welcomed Yvonne Doyle, London Regional Director for Public Health England, who provided the Board with an overview of the Better Health for London report, including the implications for the City of London and how it can shape the work of the Health and Wellbeing Board.
3. The London Health Commission's aspirations for London are:
  - Give all London's children a healthy, happy start to life.
  - Get London fitter with better food, more exercise and healthier living.

- Make work a healthy place to be in London.
  - Help Londoners to kick unhealthy habits.
  - Care for the most mentally ill in London so they live longer, healthier lives
  - Enable Londoners to do more to look after themselves.
  - Ensure that every Londoner is able to see a GP when they need to and at a time that suits them.
  - Create the best health and care services of any world city, throughout London and on every day.
  - Fully engage and involve Londoners in the future health of their city.
  - Put London at the centre of the global revolution in digital health.
4. The Health and Wellbeing Board will consider which recommendations can be championed by the City of London at its next meeting in February 2015.
  5. Full report: [www.londonhealthcommission.org.uk/better-health-for-london](http://www.londonhealthcommission.org.uk/better-health-for-london)

### **Ebola Virus Disease Briefing**

6. The Board received a briefing on the Ebola virus disease (EVD). The UN has declared the outbreak of EVD in West Africa an international public health emergency. The briefing explained what the symptoms are, who is at risk and how the virus is transmitted. It also described the UK's response to the current outbreak, including the role of NHS services and local authorities.
7. The contact officer is Dr Penny Bevan, Director of Public Health, T: 020 8356 4167, E: [penny.bevan@hackney.gov.uk](mailto:penny.bevan@hackney.gov.uk)

### **Workplace Health Centre**

8. The research carried out by the City of London Corporation and NHS East London and the City in 2013 entitled 'The Public Health and Primary Healthcare Needs of City Workers' demonstrated that there is a significant need and demand by City workers for health services that address issues such as stress, smoking and alcohol.
9. Tobacco control, substance misuse and health checks are already being provided for workers at a number of diverse locations in the City, but to bring them together with other preventative services such as stress counselling, physiotherapy, inoculations, minor injuries and sexual health services in a single, well publicised location is an opportunity to deliver a wider range of services more efficiently and effectively.
10. The Middlesex Street Estate has a redundant mezzanine car park of 894 square metres, access to which is via two ramps. The ramps are due to be removed in October 2014. The car park adjoins the existing Artisan Street Library and Community Centre which already provides a number of health and fitness services, so it is a potentially ideal location for a workplace health centre.

11. The Projects Sub Committee and the Corporate Projects Board have considered and approved a project proposal recommending further exploration into the possibility of incorporating a healthcare facility and fitness centre within the Middlesex Street Estate, for use by City workers and local residents.
12. Members were asked to note the project proposal and agree the next steps:
  - Conduct space planning, cost assessment and a building survey to clarify the potential of the mezzanine as a workplace health centre and to enable a viability appraisal to be undertaken.
  - Take the proposal to the next stage (report to Gateway 3/4 – Options Appraisal) including consideration of the proposal alongside a commercial redevelopment option.
13. The contact officer is Neal Hounsell, Assistant Director Commissioning and Partnerships, T: 020 7332 1638, E: [neal.hounsell@cityoflondon.gov.uk](mailto:neal.hounsell@cityoflondon.gov.uk)

### **Draft City of London Air Quality Strategy 2015 – 2020**

14. The City of London Corporation published an Air Quality Strategy in 2011. The Strategy, approved by the Port Health and Environmental Services Committee in March 2011, expires in 2015.
15. A draft air quality strategy for 2015 through to 2020 has been produced. It contains 59 actions grouped into 10 key policy areas for improving air quality and reducing the impact of air pollution on public health.
16. The strategy fulfils the City of London's statutory obligation to assist the Government and Mayor of London to meet European Limit Values for nitrogen dioxide and fine particles (PM10). It also reflects the high priority placed on reducing the impact of air pollution on the health of residents and workers as detailed in the City and Hackney Joint Strategic Needs Assessment.
17. Members approved the draft strategy. It will be out for consultation until 28 February 2015.
18. The contact officer is Ruth Calderwood, Environmental Policy Officer, T: 0207 332 1162, E: [ruth.calderwood@cityoflondon.gov.uk](mailto:ruth.calderwood@cityoflondon.gov.uk)

### **City of London Dementia Strategy Update**

19. In October 2013, the City of London Community and Children's Services Grand Committee and the Health and Wellbeing Board agreed to the signing-off of a Dementia Strategy and Action Plan. The Dementia Strategy responded locally to the Prime Minister's 'Dementia Challenge' by establishing a City-specific approach to caring for our residents whilst tapping into the rich diversity of our community.
20. Synthetic estimates predict that within the City there are up to 67 people living with the symptoms of dementia, some of whom have been diagnosed, but a large proportion of whom have had no formal diagnosis. Whilst this may be a relatively small number, for those with the disease the support that they

receive is vital to their quality of life and their wellbeing and we are therefore committed to providing the best possible services to this particularly vulnerable group.

21. The aim of the strategy is to:

*Provide a responsive, high quality, personalised dementia service meeting the needs of residents of the City of London.*

To achieve this, the strategy sets out 10 objectives:

- Improve public and professional awareness of dementia and reduce stigma
- Improve early diagnosis and treatment of dementia
- Increase access to a range of flexible day, home based and residential respite options
- Develop services that support people to maximise their independence
- Improve the skills and competencies of the workforce
- Improved access to support and advice following diagnosis for people with dementia and their carers
- Reduce avoidable hospital and care home admissions and decrease hospital length of stay
- Improve the quality of dementia care in care homes and hospitals
- Improve end of life care for people with dementia
- Ensure that services meet the needs of people from vulnerable groups

22. The strategy commits the City of London Corporation to creating a 'Dementia Friendly City', where residents and local retail outlets and services will develop a keen understanding and awareness of the disease and offer support in a respectful and meaningful way. This builds on the longstanding tradition within the City of caring for residents and delivering individualised packages of care and support. Skills for Care (the employer-led workforce development body for adult social care in England) have been working in partnership with the City using this model and other good practice examples in order to develop a safe environment for those with dementia.

23. An operational group chaired by the Service Manager for Adult Social Care, comprising officers from the City of London Corporation, the Clinical Commissioning Group, the Neaman GP practice, Healthwatch and a representative of the Adult Advisory Group (CoL Adult Social Care service user group) are responsible for monitoring the implementation of the strategy.

24. To date, a significant amount of work has been carried out to raise the profile of the City as a dementia friendly community. Furthermore, Adult Social Care are working with seven new cases of people diagnosed with dementia as a result of activities carried out through the strategy, and the police have also seen an increase in the signing-up of vulnerable older people to their Operation Pegasus scheme, which monitors older people who may need emergency assistance. Much of this work has been driven by training and

awareness-raising delivered by the CoL Dementia Friendly Champion, Yvonne Weinberg.

25. The contact officer is Marion Willicome-Lang, Service Manager Adult Social Care, T: 020 7332 1216, E: [marion.willicomelang@cityoflondon.gov.uk](mailto:marion.willicomelang@cityoflondon.gov.uk)

## **LOCAL UPDATES**

### **Royal Society of Public Health Award**

26. The City of London has received a three year RSPH Royal Society of Public Health (RSPH) Health & Wellbeing Award for the Business Healthy programme, which promotes workplace health and wellbeing to businesses in the City. The awards recognise significant achievements, innovation and best practice in promoting health and addressing inequalities. The three year award is the highest level and demonstrates measurable innovation, partnerships, user input and co-production approaches as well as sustainable and consistent health improvement outcomes and results over time.
27. The contact officer is Sarah Thomas, Health and Wellbeing Executive Support Officer, T: 020 7332 3223, E: [sarah.thomas@cityoflondon.gov.uk](mailto:sarah.thomas@cityoflondon.gov.uk)

### **London Healthy Workplace Charter**

28. In October the City of London Corporation was awarded with the 'Achievement' level award under the GLA's London Healthy Workplace Charter scheme, in recognition of our work to promote employee health and wellbeing. Three other organisations were also supported by Markets and Consumer Protection to achieve recognition through the Charter. Lloyd's of London and the London Borough of Brent were all awarded the intermediate 'Achievement' level whilst Barts Health NHS Trust were awarded the entry level 'Commitment' award. The award scheme is funded and co-ordinated by the GLA and Mayor of London and involves employers of all sizes and in all sectors engaging with the wellbeing agenda to improve the health of their employees.
29. The contact officer is Toby Thorp, Environmental Health Officer, T: 020 7332 3615, E: [toby.thorp@cityoflondon.gov.uk](mailto:toby.thorp@cityoflondon.gov.uk)

### **Reading Well Books on Prescription**

30. The national Books on Prescription scheme was launched in June 2013 and is supported in the City's three Lending Libraries. The books on the list are available to all library customers and reservations for the titles may be placed free of charge. The titles are shared with health professionals who can choose to "prescribe" working through one of the books as a method of self-help for mild to moderate mental health conditions. In a recent survey conducted by Reading Well Books on Prescription nearly everyone who had borrowed a book from the list said that it had been helpful, with 75% saying that it had helped them understand more about their condition and feel more confident in

managing their symptoms. In 2013/14 there were 432 loans of the books from City libraries.

31. Following the success of the scheme, in January 2015 the City's libraries will be launching Reading Well Books on Prescription for Dementia. This is a list of 25 titles chosen by dementia healthcare experts, people with dementia and members of carer groups. It will provide help and support for people with dementia, carers of people with dementia, those who would like to find out more about their condition and others who may be worried about symptoms. Once again health professionals will be able to use the list to prescribe books to their patients but the titles will also be available for anyone to borrow free-of-charge from our lending libraries.
32. The contact officer is Geraldine Pote, Principal Librarian, T: 020 7332 1945, E: [geraldine.pote@cityoflondon.gov.uk](mailto:geraldine.pote@cityoflondon.gov.uk)

### **Thames Strategy**

33. The Thames Strategy is being prepared to provide guidance regarding the planning policy intentions for the Thames Policy Area (see map) which includes the area adjacent to the riverside, the Temples and the setting of the Tower of London. This strategy looks forward to 2026 identifying the issues that the riverside might face such as development pressures, public realm enhancement, improving river transport, protection and enhancement of heritage assets, flood risk, climate change and biodiversity enhancement. The Thames Strategy will be published for public consultation early in 2015 – subject to Member approval. The Department of the Built Environment would welcome comments from the Health and Wellbeing Board during this public consultation period, particularly in relation to the impact this may have on the priorities identified in the Joint Health and Wellbeing Strategy, such as physical activity and air quality.
34. The contact officer is Janet Laban, Senior Planning Officer, T: 020 7332 1148, E: [janet.laban@cityoflondon.gov.uk](mailto:janet.laban@cityoflondon.gov.uk)

### **Environmental enhancement strategies**

35. A number of environmental enhancement strategies are being progressed in the City, which a clear impact on the Joint Health and Wellbeing Strategy priority around increasing physical activity by creating a more inviting urban environment. These are summarised below.
36. Riverside Walk Area Enhancement Strategy

The revised Riverside Walk Enhancement Strategy was consulted on during summer 2014 and the final strategy is due to go to the Court of Common Council in January 2015 for adoption. The objectives of the strategy are:

- The establishment of a fully accessible walkway which provides a direct route along the riverside with enhanced connections to the rest of the City.

- The creation of new and the redesigning of existing green spaces for people to stop and enjoy the Thames, as well as to enhance the biodiversity of the City riverside and to mitigate flood risk.
- The improvement of the cohesion and vibrancy of the riverside by encouraging new developments to provide a spacious, accessible and better connected Riverside Walk with appropriate active frontages.

The strategy emphasises the desire for the provision of comfortable routes and spaces including quiet spaces where people can rest, in line with the Health and Wellbeing Strategy. A number of projects have been set out in a delivery plan appended to the strategy. These have been prioritised according to need and responses from the consultation. The intention is that projects will be initiated as funding becomes available.

### 37. Cheapside and Guildhall Area Enhancement Strategy

The public consultation on the strategy commenced on 24th October 2014 and runs until 12th December. The Strategy builds on the environmental improvements completed over the past 6 years in the Cheapside area.

Key objectives are as follows:

- To enhance the pedestrian experience and create walking routes that are comfortable, accessible and easy to navigate and which can accommodate future growth in pedestrian numbers.
- To improve road safety for all modes of transport, including vulnerable road users, reduce traffic dominance, particularly through replacing one-way traffic flows with two-way traffic where possible, and improving the function of the street environment for all users.
- To better connect transport nodes and attractions such as St Paul's Cathedral, the Museum of London, Guildhall and the Barbican Centre while further developing Cheapside's retail environment.
- To enhance the local environment, including air quality, particularly through the creation of new green spaces and tree planting.

A key project within the strategy is the proposed removal of the St Paul's/Museum of London gyratory. This will reduce traffic dominance and improve walking routes to key visitor attractions.

### 38. Barbican Area Strategy Review

This review updates the 2008 Barbican Area Enhancement Strategy and considers the effects of increased Crossrail passenger numbers aspirations for the Barbican as a cultural hub. A public information gathering exercise was held from July to September, including open days, workshops, guided tours, interviews and surveys attracted over 800 responses from both residents and visitors. A further set of workshops with cultural institutions is planned this month to explore what physical improvements might be needed to support the notion of a cultural hub.

Key health related findings so far have included:

- A strong preference for pedestrian movement around the Barbican estate may be connected to significant way-finding issues through the

estate. This has implications for how the road network around the estate is designed in the future.

- The importance of Beech Street in providing an entry point for visitors to the Barbican Centre from Barbican and Farringdon Underground station despite high levels of air pollution. Beech Street is expected to play a key role in any proposed improvements.
- Tranquillity within the Barbican Estate is appreciated and valued by both visitors and residents. Access to quiet, reflective areas should be preserved.
- Light pollution from nearby office buildings and acoustic reflections off hard surfaces within the estate can cause disrupt the sleeping patterns of residents. This may rely on a different approach to management as well as a design approach.

Public consultation on the draft strategy is expected to be presented for approval to consult in mid-April.

39. The contact officer is Melanie Charalambous, Environmental Enhancement, T: 020 7332 3155, E: [Melanie.Charalambous@cityoflondon.gov.uk](mailto:Melanie.Charalambous@cityoflondon.gov.uk)

#### **JSNA City Supplement: Communication and dissemination plan**

40. The JSNA City Supplement is now publicly available on the City of London website: [www.cityoflondon.gov.uk/services/health-and-wellbeing](http://www.cityoflondon.gov.uk/services/health-and-wellbeing). Over the coming months we will promote the document as a valuable resource for anyone who needs accurate data on City residents or workers, or insight into their health needs. We will use the staff intranet, internal communications, contact with key City of London teams and links with partners to share the City Supplement and ensure it is a well-utilised resource.
41. The contact officer is Sarah Thomas, Health and Wellbeing Executive Support Officer, T: 020 7332 3223, E: [sarah.thomas@cityoflondon.gov.uk](mailto:sarah.thomas@cityoflondon.gov.uk)

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