



November 2015 – 3rd edition

Swansea Healthy City Bulletin



Welcome to the Healthy City Bulletin October 2015 issue...

The Healthy City Bulletin provides a regular update on developments in Healthy City programme in Swansea...

World Health Organisation Healthy City Conference Kuopio Finland: June 2015

This conference saw the first business meeting of Phase Six of the European Healthy City Programme. A total of 33 European Countries and 59 cities attended the event. Swansea was represented by Dr Nina Williams, Public Health Wales and Emma Griffiths from Healthy Schools, who presented two case studies on work ongoing in Swansea. These focussed on 'narrowing the gap in children's development by the age of 3 between more and less deprived areas' and 'promoting the benefits of immunisation through the Healthy Schools Scheme'.

The overarching theme of this year's conference was political choices for healthy cities which was explored through three strands:

- City health diplomacy and reaching out to other sectors
- Equity, resilience and life course with a focus on the health of women and older people
- Healthy urban planning and urban innovation and technology

Speakers at the conference included the Mayor of Kuopio who spoke about the city's aim to 'build a society built on trust' by 2025. A campaign was highlighted by the Mayor of Bogatár, Columbia in 2006 where a programme to improve wellbeing was started. Money was invested into libraries, parks, cycle lanes and public transport in the poorest areas. The result was increased optimism and a reduction in violence and crime.



Dr Nina Williams Healthy City Coordinator Swansea UK and Miri Rees, Healthy City Coordinator Jerusalem, Israel

The conference concluded that:

- Political commitment on all levels is the key to the success of Healthy Cities and the effective work on the social determinants of health
'Without commitment no further work can be done'
- Healthy cities have impressive experience in the cross- sectoral work but still more effort is needed to reach out to the other sectors and wider understanding of health
'We do a lot of good work but we need to do more'
- Difficult times motivate healthy cities to look for new solutions, models and tools to better promote health of all in the municipalities
'We have to find out how to use our resources better'

Cities involved in the network put forward impressive case studies of good practice. The ¹ list of abstracts is available by contacting Debra Bennett on debra.bennett4@wales.nhs.uk

Developing the Food Agenda for Swansea

Latest figures estimate that 58% of the adult population of Swansea are either overweight or obese. Participating regularly in physical activity and eating healthily can not only ensure you stay a healthy weight but can provide wide benefits for mental health and well being.



The Creating an Active and Healthy Swansea Plan contains targets and actions aimed at ensuring that people become more active and less overweight/obese

Following good practice examples from other UK Healthy Cities an event was held to canvass views of community stakeholders on the best way forward for the food agenda in Swansea. The group recommended the development of a food strategy most appropriate to the needs of the City.

As part of their overall approach many UK Healthy Cities have adopted food charters including Bristol, Newcastle, Cardiff, Plymouth, Belfast, Carlisle and many others. A food charter is a statement of values and principles to guide a community's food policy.

The Sustainable Food Cities movement also recognises that food sits not only at the heart of some of our greatest problems but that it can also be a vital part of the solution. The potential to use food to address issues from obesity and diet related ill health to food poverty and waste, climate change and biodiversity loss to declining prosperity and social dislocation is now being widely acknowledged by local authorities, public health departments, community organisations and businesses.

Partners have drafted a Food Charter for Swansea. There will now be a consultation event planned in order to gain stakeholder views on the draft food charter and the way forward to ensure that the food agenda is spotlighted and moves forward positively in Swansea.

Giving Every Child the Best Start in Life: Readiness for Birth, Nursery and School

The Healthy City Board has worked in partnership with the Institute of Health Equity in London focussing on their recommendation to 'give every child the best start in life'. Research demonstrates that a positive start in life is key to improving life chances and health outcomes. Data indicates that 75% of children in Swansea may not have achieved the expected developmental milestone for their age at 3 years.

Partners in Swansea want every child to be ready for school. The Early Years strategy focuses on how this can be achieved. The strategy aims to implement actions to improve school readiness and reduce inequalities between more or less deprived areas ensuring that no child is more than than 6 months behind in attainment by age 3.

Part of the Early Years strategy is to provide 'top tip's of what can be done by anyone caring for children to support the child's development and ensure that each child reaches their maximum potential.

To achieve this the Swansea Readiness for Birth, Nursery and School Statement (opposite) was agreed by the Healthy City Board in July 2015 and will shortly be cascaded to partners, organisations and the public across the City and County of Swansea.

P- Playing with your child can support them to make friends and prepare for learning.

A- Attending to your own and your child's health can help you both stay safe and healthy.

R- Routines can help with your child's concentration and help them feel that their life is secure and stable.

E- Enjoy talking, listening, singing and reading with your child. They will be more confident to do this in school.

N- Nursery and groups can provide the opportunities to make new friends and learn in a fun and supportive environment.

T- Time with other families is beneficial to you and your child. The quality of the time spent together is what counts.

S- Sleep helps us remember new things we learn and gets us ready for more learning and fun.

Swansea Healthy Cities Community Voice Portfolio

The Community Voice portfolio is now entering its third year, delivering a series of projects linked to the Healthy City Programme. The portfolio aims to support citizens to have their voices heard; enabling them to influence the shape and delivery of services which affect them. Contact details for the portfolio and each of the projects can be found below:

General Contact – Lauren Howlett lauren_howlett@scvs.org.uk 01792 544036

BME Voice - Phatsi Mabophiwa, Twahida Akbar, Shehla Khan and Cristina Cifuentes
SBREC Email: phatsi.m@sbrec.org.uk / twahida.a@sbrec.org.uk Telephone: 01792 457035 // EYST Email: manager@eyst.org.uk Telephone: 01792 466980 // ACC Email: cristina.cifuentes@africancommunitycentre.org.uk Telephone: 01792 470298

Community Champions - Laurie Morgans
Email: laurie.morgans@swanseapeoplefirst.co.uk Telephone: 01792 466866

Community Green Spaces - Lea Halborg
Email: lea@environmentcentre.org.uk Telephone: 07790 770839

Dyma Ni - Carers Transition Project – Angela Maguire
Email: Angela@swanseacarerscentre.org.uk Telephone: 01792 653344

Planning Together - Andrew Hubbard
Email: info@sail-swansea.org.uk Telephone: 01792 511343

Your Opinion Matters - Kay Lemon
Email: KLemon@swanseawa.org.uk Telephone: 01792 644683

Patient and Carer Participation Groups Update:

Contact: Adele Otilie Jones Tel: 01792 544028 e mail: adele_otilie-jones@scvs.org.uk

Patient & Carer Participation Groups are established within the five Community Network Areas to enable citizens to be more involved and to have their say in the design and delivery of health services, ensuring that they are responsive to local need.

Network areas are based around populations of 30,000 to 50,000 people and provide a new way in which GP Practices and a range of health, social care and voluntary sector professionals will work more closely together.

Meetings and events are currently being held across Swansea to encourage active participation.

Bay and **Llchwyr** networks have recently held meetings with representatives from Public Health Wales and the Institute of Life Science focussing on the flu vaccination programme. The **City** Network recently held a Family Information Day at the Grand Theatre. The event aimed to share information about the wide range of available support services as well as encouraging individuals to become members of the Patient Carer Groups for the City network.

In **Penderi**, two family information days are planned and will take place before Xmas in Penlan and Blaenymaes.

In **Cwmtawe** a meeting is planned for early December in the Community Suite, Tesco Store Llansamlet.

Newsflash

Swansea University is running a unique programme for children aged between 10 and 12 designed to manage healthy body weight through healthy diet and fun physical activity. There are only 14 places left. Contact Nutrition Scientist Nils Swindell for further information.

Email: 835228@swansea.ac.uk

The Ageing Well Plan for Swansea was agreed by the Healthy City Board at the meeting held on September 17th 2015. Four planning groups have developed the work on the Ageing Well Plan. The plan includes work to progress the following areas

- **Age Friendly Communities and Dementia Supportive Communities- [Jeannette Munn, City and County of Swansea](mailto:jeannette.munn@swansea.gov.uk)**
jeannette.munn@swansea.gov.uk
- **Falls Prevention- [Sharon Miller, ABMUHB](mailto:Sharon.miller@wales.nhs.uk)**
Sharon.miller@wales.nhs.uk
- **Opportunities for Learning and Employment- [Robert Douglas, City and County of Swansea](mailto:Robert.douglas@swansea.gov.uk)**
Robert.douglas@swansea.gov.uk
- **Loneliness and Isolation- [Amy Meredith- Davies/Francesca Grice, Swansea Council for Voluntary Service](mailto:amy_meredith-davies@scvs.org.uk)**
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Further information will be available in the next edition of the Bulletin...



Healthy City Directory

The Healthy City directory is an online resource for everyone to use. It provides information on over 400 voluntary sector organisations that support health and well being, from clubs for all ages, and abilities, to booking a holiday for someone with special needs. It is also a useful tool for professionals to sign post their patients, for things like counselling and home adaptations.

The Directory can be found at www.healthycitydirectory.co.uk

For any further information on this bulletin, please contact Debra Bennett on 01792 601876 or email: Debra.Bennett4@wales.nhs.uk