



Swansea Healthy City Bulletin

Smoke Free Beach Initiative

On Wednesday April 27th 2016. Swansea Healthy City partners including the City and County of Swansea, ABMU HB and Public Health launched a smoke free beach trial at Caswell Bay, Swansea.

The majority of people in Wales agree with a smoking ban in communal recreational spaces and this initiative builds on work already undertaken in Swansea around smoke free playgrounds.

This initiative is supported by a number of partners who aim to provide children and young people with the right to play in a clean and healthy environment by de-normalising smoking. Ash Wales, one of the partners involved state that young people consistently over estimate the prevalence of smoking and 60% think it is the norm because they see it around them every day. Swansea hosts wonderful coastlines with 4 of its beaches being awarded blue flag status. Toxic cigarette butts



found on these beaches are littering and spoiling our environment and are poisoning marine wildlife. Swansea’s Healthy City commitment supports the increasing movement in Wales towards further smoke free beaches. We thank you for supporting this voluntary ban at Caswell and if you have any comments or suggestions, please send them to: www.swansea.gov.uk/smokefreespaces

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Smoke Free Sensations Help Swansea Smokers Sing their Way to Stopping

Swansea Health professionals are helping to get the stop smoking message across through the power of song. ‘Breathe Deep’ written by Mike Catling (Principal Public Health Practitioner) has already had a positive effect by encouraging smokers to quit the habit. The Smoke Free Sensations is a group made up entirely of health professionals featuring Mike Catling (lead vocals and guitar) and backing vocals supplied by Nina Williams, Sylvia Osbourne, Julie Davies, Paoula Browne and Sarah Hayes.

The song was launched earlier in the year at the Mental Health and Learning Disabilities Event held by Public Health in early February. This event was picked as a suitable platform owing to the additional difficulties of giving up smoking for people with mental health issues and learning disabilities. To hear the Smoke Free Sensations rendition of Breathe Deep you can get the official twitter app on <https://twitter.com/download?s=18>



Developing the Food Agenda for Swansea

An interactive half day Healthy City workshop ‘The Future of Food in Swansea’ took place recently at Swansea University. The workshop aimed to explore the key role that food could play in improving health, prosperity and sustainability in Swansea.

The event was delivered by Tom Andrews (Sustainable Food Cities Network) and Katie Palmer (Food Cardiff) and was attended by Swansea Healthy City partners including representatives from ABMU HB, City and County of Swansea, Swansea University, Swansea Environmental Forum and Tourism and Leisure.

The workshop focussed on overcoming obstacles and identifying the partners needed and mechanisms available for making change happen as part of a long term food programme in the city. Using simple conceptual frameworks, participants worked together to identify opportunities in Swansea for driving positive change through policy, planning and on the ground programmes.

Following the event, the next steps for Swansea are currently being considered. It is planned that partners will meet to progress the action plan and make positive changes to generate a long term food programme and plan for the City.

A Safe Evening & Night Time Economy (ENTE)

You may have noticed the Purple Flag flying proudly in Swansea City Centre? Equivalent to the Blue Flag awarded to top quality beaches, this prestigious award is part of an international initiative that recognises the city’s vibrant and safe night-time economy.

First awarded in February 2015, Swansea was the first city in Wales to achieve this standard. As well as the excellent partnership working shown by Safer Swansea, judges recognised a number of initiatives such as Help Point, student volunteers, the Street Pastors scheme and Taxi Marshalls. These all contribute to making people feel safe and looked after in the City Centre, increasing the number of people using City Centre entertainment facilities after dark and reducing crime levels.

This is only the beginning! Having now been awarded the Purple Flag for the second consecutive year, the Safer Swansea Partnership has been discussing the adoption of a collective, multi-agency strategy to help collate views and guide future direction and development of the ENTE of Swansea. The overall aim of the strategy is to promote a diverse and vibrant night time economy in Swansea and enhance quality of life by providing a safe city centre that is accessible and attractive to all who work, visit and live in Swansea and which supports local and national regeneration objectives. We’ve adopted the five core standards from Purple Flag accreditation as the framework for our strategy. These represent the standards which need to be achieved for a successful ENTE.

Wellbeing: Destinations should be safe and welcoming. All sectors play a part in delivering excellent customer care.

Movement: Getting home safely after an evening out is crucial, as is the ability to move around the centre on foot with ease.

Appeal: A vibrant choice of leisure and entertainment for diverse ages, lifestyles and cultures

Place: Successful areas are alive during the day, **and** in the evening with overlapping activities.

They reinforce the character, flair, imagination and identity of the area

Policy Envelope: Crosses professional and budgetary boundaries. Bringing focus to this complicated field through research, multi-sector partnerships and integrated public policy is key.

Jeff.Davison@Swansea.gov.uk



Healthy and Sustainable Pre-School Scheme

In September 2015 the Local Authority began working in partnership with Public Health on the Healthy and Sustainable Pre School Scheme (H&SPSS). The Swansea Family Information Service (FIS) is now delivering the scheme and providing the main support to settings that are progressing through the seven health topics. The H&SPSS is an excellent scheme that promotes good health practice in Early Years settings by encouraging a healthy message through 7 key health topics which the settings work through.

The FIS has strong links with the early years settings in Swansea and has quickly taken up the mantle and helped to support nine settings achieve their next aspect of the award. The aspects completed by the various settings were:

- Nutrition and Oral Health
- Physical activity and active play
- Mental and Emotional Health
- Wellbeing and Relationships
- Environment
- Safety and Hygiene

Congratulations are due to Singleton Day Nursery, Clase Flying Start, Pentrechwyth Ladybirds, Waun Wen Flying Start, Rose Garden Day Nursery, Penplas Family Centre, Noah's Ark Day Nursery, Seaview Little Gems and Portmead Puddleducks who all achieved the criteria to progress through to their next aspect in November.

Finley the FIS Bear toured the nine settings, often arriving in time to see the children during their Christmas parties and celebrate the good healthy practice that is happening in the early years settings.



Swansea Healthy City Community Voice Portfolio

The Community Voice portfolio is now entering its fourth 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 – Amanda Edwards, amanda_edwards@scvs.org.uk 01792 544006

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 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: KLeamon@swanseawa.org.uk Telephone: 01792 644683

The Portfolio has engaged with 26 local strategic delivery decision making bodies, enabling input from members of citizen participation groups in decision making. Examples of such groups include: Health of Homeless and Vulnerable Groups; Families First; Domestic Abuse Executive Committee; Regional Citizenship Board; Police & Crime Commissioner's Office; Co-production Implementation Group; 50+ Forum etc.

A Community Voice cross-portfolio event was held in April 2016 entitled, "Nothing About Us, Without Us". Aimed at Heads of Service and Service Providers, the event took the form of legislative theatre, with each Portfolio project enacting an issue they face. The event was very well received by those in attendance and the portfolio have discussed ways forward following the event.

Your Opinion Matters have 2 beneficiaries embedded on the Domestic Abuse Executive Committee and Steering Group for the Social Services Domestic Abuse hub pilot; Community Champions worked with ABMU to establish an Editorial Advisory Group enabling people with a range of disabilities to rate and review information ensuring its accessible to all. As a result of having Champions embedded in the Learning Disability Planning Group and Forum, the project has been asked to work with all the LD services across Swansea to ensure that people with a LD can co-productively shape the future of services in Swansea. Many of the projects work closely together and inter-refer beneficiaries between projects. If you would like to get involved in decision making which affects you, please contact Amanda Edwards.

Healthy City Directory

The Healthy City directory is an online resource for everyone to use, providing information on over 400 voluntary 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 counselling and home adaptations. The Directory can be found at www.healthycitydirectory.co.uk

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