

**Report of:** Inner South Health & Wellbeing Sub Group

**Report to:** Inner South Community Committee  
(Beeston & Holbeck, Hunslet & Riverside, Middleton Park)

**Report author:** Cllr Sharon Burke (Middleton Park Ward Member) and Carl Hinchliffe (Community Committee Team Manager)

**Date:** 2<sup>nd</sup> March 2022 **To Note**

## **Inner South Health & Wellbeing Sub Group: Health & Wellbeing Survey Response Report**

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### **Purpose of report**

1. To bring to members' attention an update on the Vitamin D Health & Wellbeing Campaign which the Inner South Health & Wellbeing Sub Group has been engaged in.
2. The report provides an update on themes from a health and wellbeing survey, identified through various engagement sessions at a number of organisations in each of the 3 Inner South wards; Beeston & Holbeck, Hunslet & Riverside and Middleton Park.

### **Main issues**

3. Everyone needs Vitamin D for healthy bones and muscles and too little Vitamin D can lead to bone problems such as Rickets in children and bone pain and muscle weakness in adults, which may also increase the risk of falls in older people.
4. When outdoors during the spring and summer most people make enough Vitamin D from sunlight on the skin but between October and early March, we can't make Vitamin D from sunlight because the sun is too low in the sky (in the UK). Because it's difficult to get enough Vitamin D from food it's best therefore to take a Vitamin D supplement during the autumn and winter months.

5. It is likely that many of us have been indoors more than usual this spring and summer as a result of the COVID-19 pandemic and some of us have been shielding, so might not have been making enough Vitamin D from sunlight. It's even more important this year therefore to take a Vitamin D supplement as we go into the winter months.
6. Vitamin D has multiple roles in the body as it helps to promote healthy bones and teeth, supports the immune, brain and nervous system health and also supports lung function and cardiovascular health.

### **Objectives/Rationale**

7. The objectives/rationale for the Vitamin D Health & Wellbeing Campaign were as follows:
  - To raise awareness of the benefits of vitamin D, in relation to health promotion post COVID-19 and self-care.
  - Raise the profile of the Inner South Community Committee and increase public participation.
  - Collate real-time information regarding perceived need in relation to health & wellbeing within the Community Committee catchment area.

### **Method**

8. The project started in January 2022 and linked with the Digital Leeds Project, where events were already arranged. Participants were given a week's supply of Vitamin D 'gummies', along with a vitamin D information sheet which also contained details of the Inner South Community Committee ward members.
9. All recipients were asked if they would complete a brief questionnaire to detail their experience of the COVID-19 pandemic, as well as what they feel is 'missing' in the area they live and their knowledge of the Inner South Community Committee and the work it does.
10. The Vitamin D Campaign was delivered at various engagement/digital drop-in sessions at HAMARA, Holbeck Together, Middleton Elderly Aid and Belle Isle Tenant Management Organisation. Key themes have been identified through these engagement activities and the feedback survey responses, which have been compiled below.
11. The aim is that ultimately these engagement activities continue and that some of this work informs the priorities of the Inner South Health & Wellbeing Sub Group.

12. In addition to this, as we know that engagement with committees has declined in some areas as a result of the pandemic and this is understandable, the challenge now is how we address this. Utilising some of these engagement activities/sessions will provide an opportunity to raise awareness and hopefully increase engagement with the Inner South Community Committee.

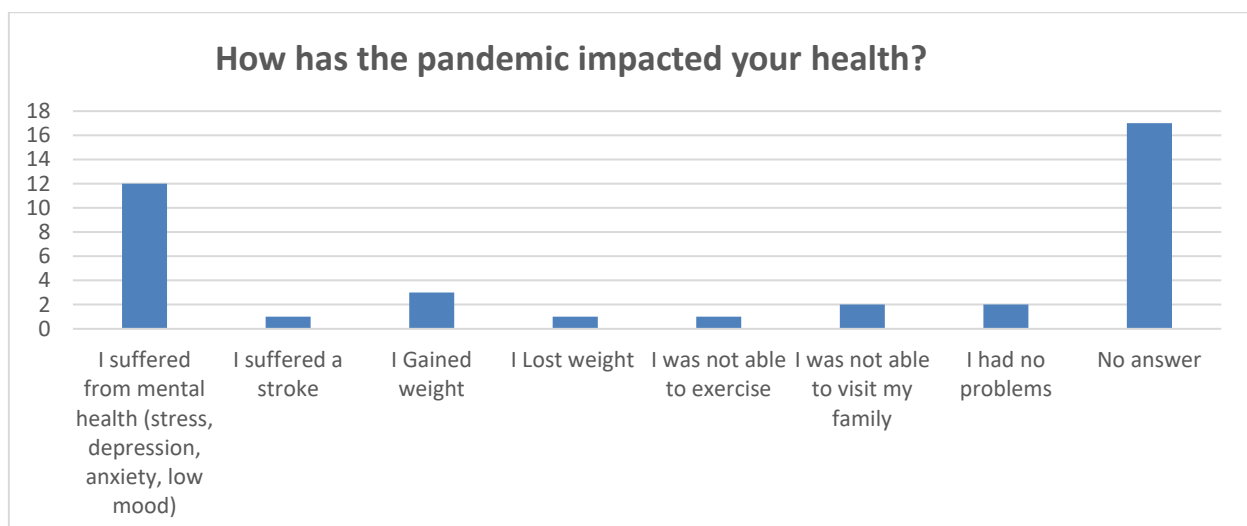
### Updates by theme

Number of participants who completed the survey	
Male	11
Female	26
No mention of name	2

Participants age groups	
18-25	1
26-40	4
41-50	3
51-60	12
61-70	4
71-80	6
81-90	6
No mention of age	3

### How has the pandemic impacted on your health?

How has the pandemic impacted your health?	
I suffered from mental health (stress, depression, anxiety, low mood)	<b>12</b>
I suffered a stroke	1
I gained weight	3
I lost weight	1
I was not able to exercise	1
I was not able to visit my family	2
I had no problems	2
No answer	17



**Have you or a family member/close friend suffered from anxiety, depression, stress, low mood? If so, how did this affect you?**

13. Here most of the participants reported that they had a family member that suffered anxiety, depression, stress and low mood. With the majority just answering 'Yes' to this question, a few participants had to explain how this affected them. See most common answers below:

- I suffered mental health, stress, depression, due to social isolation
- I lost motivation to do anything
- I did not want to carry on existing
- I was worried
- I had to support my relatives with no help

14. Four participants reported that they were not affected at all and 1 participant mentioned that they have an active life, therefore physical activities made it easy for them.

**What support would you like to see in your local area?**

15. Answers are listed below.

Increased transport services	1
Support with mental health	5
More help for older people	6
Social networks (to attend to talk and share things)	5
More community engagement and counselling activities (encouraging children to aim higher and build their confidence)	5
To able to visit the doctor	3
A swimming pool	1
Financial support	2
Better schools, more qualified staff for schools to tackle crime	1
Action on poverty, more for youth and mental health	1
Promotion on good health and exercise	2
No response	7

**Why do you think this will be useful?**

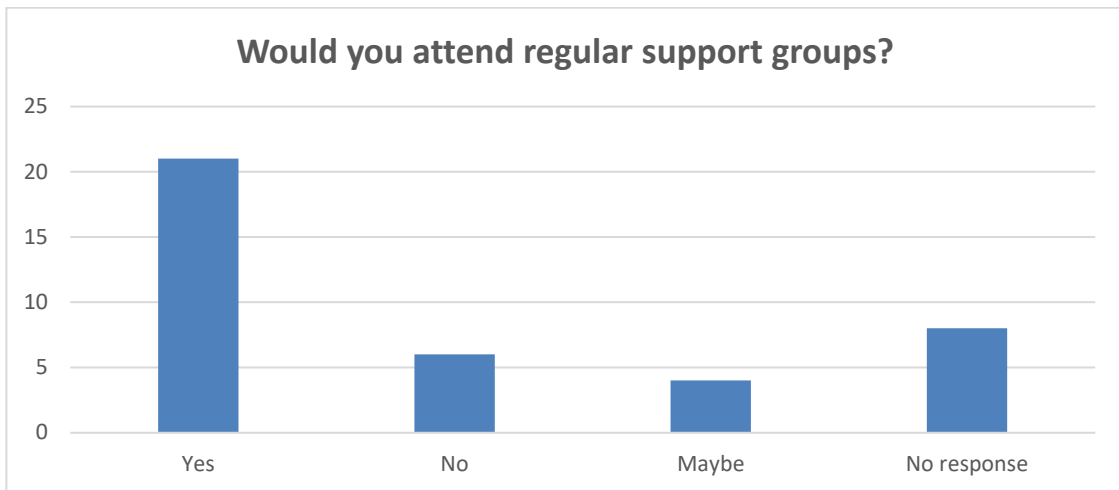
16. The majority of people who said they suffered with their mental health want to see more mental health support groups being initiated to assist them. In addition to this a common theme was social networks which allow people to meet and talk. The older participants said they want to be able to visit the doctor in person rather than talking over the phone.

## What do you think is missing in terms of support in your area?

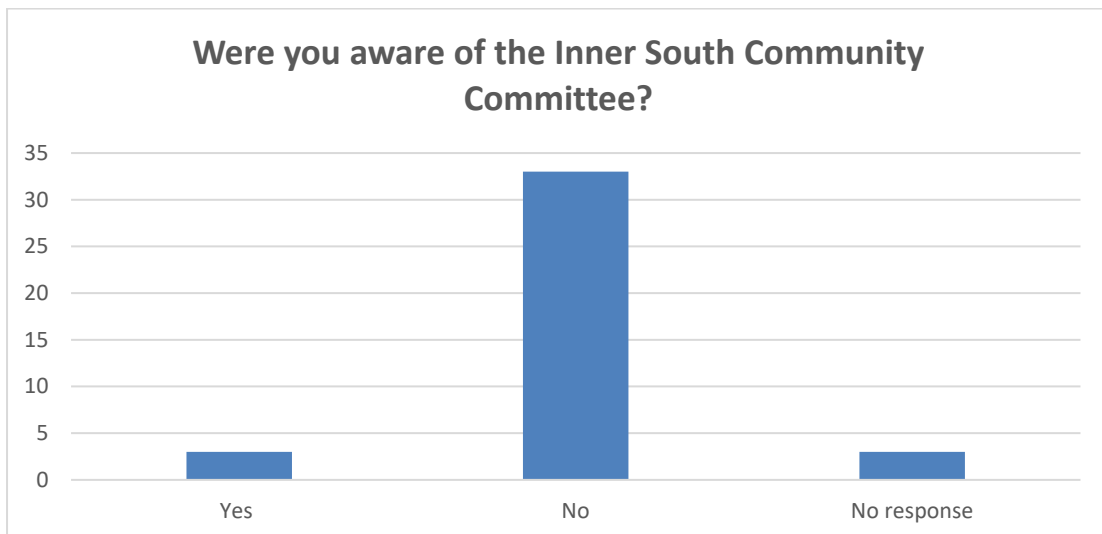
17. Most common answers are listed below.

- Community support groups
- Police patrols
- Mental health support and help
- Youth clubs, parenting classes and more support workers
- Better connection with the North part of the city
- Opportunities for families to access a range of activities
- Better schools and parks
- Financial health and wellbeing support
- Help and support for people who live alone
- Support workers

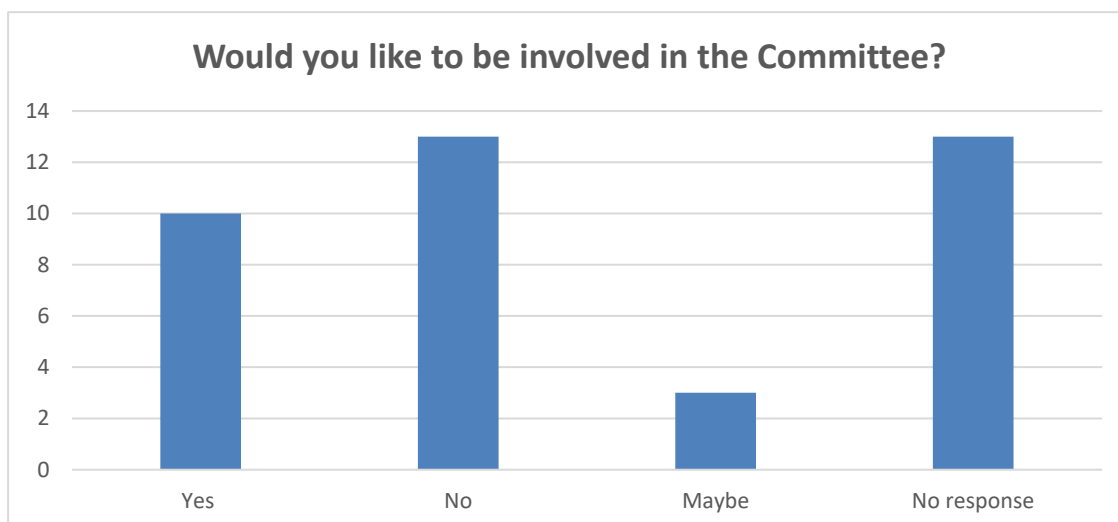
## Would you attend regular support groups?



## Were you aware of the Inner South Community Committee?



## Would you like to be involved in the Inner South Community Committee?



### Recommendations

18. Members are asked to note the contents of the Inner South Health & Wellbeing Sub Group Report and offer any feedback or questions.

### Corporate Considerations

#### Consultation and Engagement

1. The Community Committee has, where applicable, been consulted on information detailed within the report.

#### Equality and Diversity/Cohesion and Integration

2. All work that the Communities Team are involved in is assessed in relation to Equality, Diversity, Cohesion and Integration. In addition, the Communities Team ensures that the wellbeing process for funding of projects complies with all relevant policies and legislation.

#### Council Polices and City Priorities

3. Projects that the Communities Team are involved in are assessed to ensure that they are in line with Council and City priorities as set out in the following documents:
  - Vision for Leeds 2011 – 30
  - Best City Plan
  - Health and Wellbeing City Priorities Plan
  - Children and Young People's Plan
  - Safer and Stronger Communities Plan
  - Leeds Inclusive Growth Strategy

## **Resources and Value for Money**

4. Aligning the distribution of community wellbeing funding to local priorities will help to ensure that the maximum benefit can be provided.

## **Legal Implications, Access to Information and Call In**

5. There are no legal implications or access to information issues. This report is not subject to call in.

## **Risk Management**

6. Risk implications and mitigation are considered on all projects and wellbeing applications. Projects are assessed to ensure that applicants are able to deliver the intended benefits.

## **Conclusions**

7. The report provides up to date information on key areas of work for the Community Committee.

## **Recommendations**

8. The Community Committee is asked to note the content of the report and comment as appropriate.

## **Background documents<sup>1</sup>**

9. None.

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<sup>1</sup> The background documents listed in this section are available for inspection on request for a period of four years following the date of the relevant meeting Accordingly this list does not include documents containing exempt or confidential information, or any published works Requests to inspect any background documents should be submitted to the report author.