

**INNER WEST COMMUNITY COMMITTEE UPDATE-LEEDS CITY COUNCIL - PUBLIC HEALTH  
Health & Wellbeing  
AUGUST 2022**

The UK Health Security Agency (UKHSA) has released the heatwave plan for Summer 2022. The heatwave plan includes advice and resources for professionals such as the Beat the Heat checklist and social media assets which partners can use throughout summer and during heatwaves. The plan also includes action tables that highlight roles and responsibilities for partners and stakeholders, depending on the level of alert. The plan offers advice for the NHS, local authorities, social care and other public agencies, professionals working with people at risk, local communities and voluntary groups. LCC Public Health's Weather and Health Impact Group (WHIG) are adapting the heatwave plan to support local preparedness during the summer. The UKHSA plan and additional resources can be found here: <https://www.gov.uk/government/publications/heatwave-plan-for-england>

**FREE THERAPY SESSIONS FOR THOSE WHO CARE FOR OTHERS.**

There are six free therapy sessions on offer with the possibility of another six free sessions after consultation with the client and therapist if you are experiencing feeling difficult to cope with after caring for others during the Covid-19 epidemic. There is also an opportunity to have an initial informal wellbeing 'chat' with a counsellor if you are unsure. Here is a link to our at-a-glance page which contains links to all of our offers <https://wystaffwellbeinghub.co.uk/support-for-me/get-support>

The main Hub page is here <https://wystaffwellbeinghub.co.uk/> - this also hosts a little animation which explains the Hub.

The key messages are these:

- If you work in a health and care organisation, or care for others, have volunteered during the Covid-19 pandemic or work for a third sector organisation active and again looking after others during the coronavirus epidemic. In West Yorkshire and are experiencing feelings that are difficult to cope with, our mental health workers are here to support you now and find the extra help that is right for you.
- The service is completely free and confidential, wherever you work, and offers advice and support that can help with a range of issues. The Hub is for everyone – including volunteers.
- The staff support line operates every day, 8am-8pm and is staffed by trained listeners. Call free on 0808 196 3833.
- You can self-refer for one-to-one therapy. Referrals are actioned within one working day and a first appointment will be offered for within a week. This is our self-referral page <https://wystaffwellbeinghub.co.uk/support-for-me/self-referral>

**Everybody Can Weight Management Update**

- For the time being, we are putting Every Body Can campaign on hold, as we are planning to evolve our brand to become a central point for all things to help residents of Leeds live a healthy life.
- Going forward, we will be working with organisations across the city to ensure that 'Every Body Can' becomes your one stop information point for healthy living, including eating well, losing weight, moving more, and quitting smoking.

- In the meantime, if you would like any information on healthier eating, lose weight, being active or quitting smoking please visit – Better Health – NHS ([www.nhs.uk](http://www.nhs.uk)) or for local services to support you live a healthier life, go to One You Leeds | One You
- Thank you all for your fantastic support and for encouraging each other in making positive steps to maintaining a healthy weight.

### **Free Personalised End of Life Care training**

The West Yorkshire Health and Care Partnership's Personalised Care Programme are delivering, in partnership with St Gemma's Hospice: Personalised End of Life Care Training: This training consists of 4 virtual interactive education sessions will focus on 4 key areas of end of life:

- Supporting personalised and advance care planning discussions at the end of life
- Difficult conversations at the end of life
- Supporting carers to care for patients in last weeks and days of life
- Bereavement and loss (including self-care)

The training is open to participants within the West Yorkshire and Harrogate region only and places are limited.

<https://www.eventbrite.com/o/st-gemmas-hospice-academic-unit-of-palliative-care-20041908130>

### **Uptake of Long Covid-Support Services**

Work is currently underway to encourage local people across all Leeds city wards to understand and identify if present Long Covid-19 symptoms as appropriate and then seek help through their local GP service. Uptake is low within some of our wards which is nothing to be alarmed about as cases are proportionally low across the city. However, we would like any local residents who feel they may have symptoms to access the service. There is a Leeds City Council Public Health information sheet attached with more detail from the Long-Term Conditions Team.

For more information, please contact the following Public Health Officers.

[Carl.Mackie@leeds.gov.uk](mailto:Carl.Mackie@leeds.gov.uk) or [Jonathan.Hindley@leeds.gov.uk](mailto:Jonathan.Hindley@leeds.gov.uk)

### **Covid-19 Support**

The pandemic continues to impact significantly on local wards with the NHS Clinical Commissioning Group, Leeds City Council, Third Sector Organisations, Volunteers and Elected Members encouraging those who have not done so to take up the offer of a free Covid-19 vaccination.

**Advice on where to get a Covid-19 vaccination in Leeds can be found here.**

- <https://www.leedsccg.nhs.uk/health/coronavirus/covid-19-vaccine/walk-in-clinics/>

**How to stay safe in Leeds and advice on any support required can be found here.**

- <https://www.leeds.gov.uk/coronavirus>

## **Air Pollution and Our Communities.**

### **Want to Know More Sessions**

(if you miss any of these sessions they are recorded and can be accessed on [Want to know more about ... \(leeds.gov.uk\)](#))

Watch the recording.

Poor air quality is the largest environmental risk to public health in the UK, as long-term exposure to air pollution can cause chronic conditions such as cardiovascular and respiratory diseases, as well as lung cancer, leading to reduced life expectancy.

To help mark Clean Air Day in June, this session will address the issue of air pollution, raising awareness of the types of pollutants, their harmful effects and how we can support communities to improve their health by modifying behaviours and minimising their exposures to air pollutants.

The session will specifically address:

- what air pollution is and the types of pollutants
- the health effects of air pollution
- the data gathered nationally and locally and what this means
- air pollution and its relationship with vulnerability and inequalities
- what we can do about air pollution and how you can help yourself

The session will be aimed at all colleagues in the public health wider workforce including frontline workers and third sector staff.

It will be presented by Public Health Specialists (Leeds City Council), Environmental Health, and Office of Health and Disparities (formally Public Health England).

### **Summary of June 2022 Campaigns**

The following campaigns took place in June and if you would like to get involved in any of these next year please contact. [Jonathan.Hindley@leeds.gov.uk](mailto:Jonathan.Hindley@leeds.gov.uk) and we can signpost you to the project leads.

#### **National Carers Week: 6 - 12<sup>th</sup> June**

National Carers Week took place in June is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. This year's theme is to make caring visible and valued.

A programme of Carers Week events in Leeds can be found on the Carers Leeds website [Upcoming Events – Carers Leeds](#)

#### **Child safety week**

Child Safety Week took place from 6<sup>th</sup>-12<sup>th</sup> June, offering a reminder that conversations with families about safety can be a powerful way of preventing accidents and injuries.

On average, 55 children under five die every year in England due to preventable accidents in the home, while more than 370,000 are seen in Accident and Emergency departments. But according to a [Public Health England report](#), there's strong evidence that risks can be reduced through measures including home assessments and conversations about home safety.

The [Child Accident Prevention Trust](#) (CAPT) launches a range of resources this week, including [fact sheets](#) for parents, with versions in [five community languages](#), [session plans](#) for safety workshops, and [activity sheets](#) for children.

END OF REPORT