

## INNER WEST COMMUNITY COMMITTEE UPDATE-LEEDS CITY COUNCIL - PUBLIC HEALTH

### Health & Wellbeing

**MAY 2023**

#### **Food and Cost of Living Work**

The Trinity Healthy Cooking project is continuing successfully. This was described in detail in the last update. The project has three elements to it, in which it helps local people and families to learn about healthy cooking, nutrition and accessible physical activity. We are still seeking some additional funding for the Cook-Grow-Move Project. The Recipe Station project which provides a free bag on ingredients, recipe cards and access to services around household budget management and assistance has increased its scope and details can be found here : [West Leeds Recipe Station Aug 10 flyer \(barca-leeds.org\)](https://www.barca-leeds.org) and helpful video 'shorts' and recipe booklet for simple easy to understand can be found here [West Leeds Recipe Station | Facebook](https://www.facebook.com/barca-leeds) and for more information on locations please contact: [Rachel.Shaw@barca-leeds.org](mailto:Rachel.Shaw@barca-leeds.org)

For more information on the Trinity Weight Management projects contact: [Jonathan.Hindley@leeds.gov.uk](mailto:Jonathan.Hindley@leeds.gov.uk)

#### **New Leeds Stop Smoking Service**

The new Leeds Stop Smoking Service will be supporting smokers to reduce their nicotine dependency and quit for good. With around 122,000 adult smokers in Leeds, this service aims to help reduce this number.

Smokers wishing to access the service will be given a choice of treatment based on need and preference, including nicotine replacement therapy and e-cigarettes. They will work with a trained smoking cessation coach to develop a personalised plan. Support extends to a year after each person's quit date to make sure people are given the best possible chance to stop smoking permanently. The Leeds Stop Smoking Service will be replacing the previous One You Leeds service which ended on 31 March 2023.

To register for the service, visit [Leeds Stop Smoking Services](https://www.leeds.gov.uk/stop-smoking).

We also have a range of leaflets and posters about smoking and vaping that are available to order and keep for free:

- Vaping and e-cigarettes: the facts (order code P733)
- Vaping and e-cigarettes: the facts for parents and carers (order code L318)
- Quit smoking (order code L305)
- Vaping is at least 95% less harmful than smoking (order code L319)

The service is holding a number of appointment venues in local wards, so residents do not have to travel. These can be accessed by registering with the service. For more details about venues contact: [charlotte.orton@nhs.net](mailto:charlotte.orton@nhs.net)

#### **LEAP PROJECT- Leeds Encouraging Activity in People**

The LEAP project is now live, and details can be found below. This project is currently operating in Armley and Bramley and Stanningley wards and can be accessed through your local GP. If you live in a different ward you can self-refer.

## **Background**

West Yorkshire Health and Care Partnership (WYH&CP) was allocated £10,724,000 to target areas with the greatest health inequalities. Funding bids were invited via the LCP's in the city, with a focus on Core20PLUS5. This is the NHS approach to tackling health inequalities in areas and within sub-populations of greatest need with an additional focus on clinical areas requiring accelerated improvement.

LEAP will be based within Armley, Middleton & Hunslet and West PCN's which are areas of high deprivation (10% most deprived nationally) IMD 2019). These areas have extremely high prevalence rates of obesity, diabetes, and COPD. These conditions are associated with Hypertension, and as such, presents the opportunity to contribute to addressing long term conditions associated with obesity.

## **Aim and Implementation**

The aim of LEAP is to support those living with a Long-Term Condition to become active or more active and create independent exercise with the purpose to help improve quality of life.

Active Leeds will provide a Clinical Exercise Facilitator (CEF) to support people within Middleton & Hunslet, Armley and West PCN areas to become physically active. The CEF will hold consultation clinics within medical centres and community venues supporting people that suffer from long term conditions such as, hypertension, COPD, diabetes and obesity. Referrals will be made by healthcare professionals.

Following an initial health and medicine assessment, the exercise specialist will provide guidance on the type of exercise permitted (given prescription) preference of exercise and make an introduction to a provider partner. Regular support and motivation will be given throughout a 12-month period to ensure new habits are successfully embedded and incorporate behavioural techniques like motivational interviewing, SMART goal setting, and MECC.

There will be a menu of local low cost and no cost activity options for the client to choose from and each client will go away with an individual plan and agreed goals. The menu of activity opportunities will include a range of local and 3<sup>rd</sup> sector providers, for instance, gardening projects, walking groups and cycle hub at Middleton Park and Active Leeds will provide support through the local leisure centres. Each client will have the option of an ultra-low-cost membership £5 per month for 6 months. At their 6 months review (where mid-term metrics will be collected), a further discounted membership for 6 months will be offered at £12. This will allow the client access to any mainstream activities but also the Active Leeds Health programme that have L4 Clinical Exercise Instructors that can support people with a range of health conditions including hypertension, CHD, COPD, Obesity, Mental Health, Cancer and Diabetes.

## **Health Measures**

Each client will be supported for 52 weeks with contact points at week 4, week 8, week 26 and week 52. There will be measures taken at each of the contact points. Health Measures to be used on this project are.

- Demographic information and protected characteristics
- IPAQ International Physical Activity Questionnaire
- SWEMWEBS – Short Warwick Edinburgh Wellbeing Questionnaire
- Blood pressure and resting heart rate
- Body composition, weight, BMI, Body fat% and lean muscle
- Peak flow – lung function.

### **Partners and prospective partners**

Public Health and Active Leeds jointly produced this bid, however, to make this pilot project a success we would be seeking to establish partnerships with activity and exercise providers within Middleton Park ward, Armley ward and West PCN which could accept referrals from clients wishing to move or exercise more. Groundworks is one such partner.

### **Referral pathway**

Following a diagnosis of a LTC (such as diabetes, hypertension, or COPD) from a GP, the patient will be referred to a nurse based within the surgery. The nurse will conduct Health Care Assessment (HCA) part 1 (blood tests, healthy lifestyle questions) and then recall the patient for HCA part 2, whereby a conversation on condition management and improvement will be initiated with the patient. At this stage the nurse will be able to make a referral into LEAP via the CCPS template on both Systemone and Emis.

In addition to the newly diagnosed patients, the surgery also conducts annual reviews of people with a range of long-term conditions, including diabetes, hypertension and COPD. As part of the review, patients will also be offered a referral into LEAP. LEAP will also take referrals directly from the Specialist Diabetes Service delivered by Leeds Community Healthcare Trust.

There is also a self-referral option via the Active Leeds website, which can be accessed here: [Active Leeds for Health Online Referral Form](#)

**END OF REPORT**