

Appendix 3 - Outer East Community Committee Health and Wellbeing Report

World Suicide Prevention Day

World Suicide Prevention Day is marked on September 10th each year to promote worldwide action to prevent suicides. Various events and activities are held during this time to raise awareness that suicide is a major preventable cause of early death. Every person lost to suicide is someone's partner, child, friend, neighbour and/or colleague and their death will hugely affect people in their family, workplace, and community. We can all play a vital role in reducing and preventing suicide by making people comfortable to talk about suicide and mental health through encouraging people to have these conversations.

The West Yorkshire Check In With Your Mate campaign aims to promote these conversations and to raise awareness of the factors and signs that may lead to suicide, inspiring people to start conversations about mental health with the men in their life - at home, in the community and at work – potentially saving lives.

To support the Public Mental Health team in promoting the '[Check in With Your Mate](#)' (CIWYM) campaign and help to prevent suicide, click [here](#) for a range of free resources. Colleagues are encouraged to download the CIWYM email signature to show support for the campaign throughout September and share/distribute campaign posters as appropriate.

For helpful guidance and support around language and to help prevent further harm when talking about suicide, we would recommend you familiarise yourself with the following [guide](#).

To coincide with World Suicide Prevention Day, the [Yorkshire Speak Their Name Memorial Quilt](#) will be at Kirkgate Market from 9th-15th September and we would encourage colleagues to find time to pay a visit to support us in reducing stigma when talking about suicide.

If you have been affected by suicide, at any point in your life, the [Leeds Suicide Bereavement Service](#) offers a safe space to talk and get support

Heatwave and health: comms toolkit

The summer weather/heatwave comms toolkit has been available for use across the city with copy and assets for bulletins and social media.

The messages are based around the new impact based alert system. The heat health alert system is operated by UKHSA in partnership with the Met Office and is outlined below:

- Green (summer preparedness) – general preparedness and awareness raising.
- Yellow (response) - where impacts may be expected for those who are particularly vulnerable or where the confidence in the weather forecast for more severe periods of heat is low
- Amber (enhanced response) - for situations where impacts are expected across the population.
- Red (emergency response) - significant risk to life for even the healthy population

The toolkit was made available during the Heatwave campaign for use by agencies and groups to support residents.

Winter vaccines rollout: Building vaccine confidence for higher risk populations.

Free webinars were offered during August in preparation for the vaccine rollout which begins in September. Various dates and times were offered to raise awareness of the rollout programme and information that can be passed on to residents in the city.

Climate change workshop

6 September, 2.00pm to 3.00pm

The directors of public health in Y&H have made climate change one of their priorities for collaboration across the 15 local authorities. A strand of the action plan is a CPD programme based on the insight and learning from the survey sent out to all DPH's earlier in the year.

Climate change is the single biggest threat to population health. Public health professionals have a key role to play in climate mitigation and adaptation and drawing attention to the health co-benefits of addressing the factors that drive climate change. Their in-depth understanding of health inequalities is crucial to ensure that climate change does not further compromise the health of the most vulnerable.

Cat Pinho-Gomes shares the support available from the Faculty of Public Health and discusses how we can embed climate and health into our daily jobs.

The event was open to all public health staff with an interest in climate change.

Better Conversations

Part of the Leeds Health and Care Academy, these skill sessions are open to anyone working in health and social care in Leeds. The workshops aim to enable health and care colleagues to deliver and encourage more collaborative conversations, primarily between a health and care professional and patient or service user, or when speaking to members of the public.

Three learning packages are on offer:

- Level 1 – eLearning – introducing the principles of better conversations – a 60-minute session
- Level 2 – virtual interactive workshop – better conversations: reflective practice (28 September, 22 November and 14 December)
- Level 3 – in-person workshop – better conversations: a personalised approach to conversations (13 September and 17 October)

Rightsizing campaign

People aged 50 and over living in West Yorkshire are being targeted with an innovative new campaign to help them 'rightsized' and find a home that's right for them. The aim of the 'rightsizing' campaign is to help people choose where they live before other factors, such as ill health, make that decision for them. The campaign press release is [here](#) or visit the new website for more information [Your home, your choice](#). If you wish to help promote the campaign a toolkit is also available here: [Rightsizing campaign toolkit](#).

Drowning Prevention

During the summer, the risk to young people through accidental drowning increases significantly. When the weather is hot young people can be tempted to go for a dip in the local river or reservoir, but swimming in open waters is extremely dangerous.

A range of water safety campaign resources are available for digital channels. They can be downloaded [here](#).

The Royal Life Saving Society [website](#) also provides information and resources on water safety education.

Annual flu report

UKHSA's annual report has been published and summarises the levels of influenza (flu) across the UK for the winter period, 2022 to 2023. The analysis indicates that excess deaths in England associated with flu were higher (14,500) than the average figure (13,500) for the five years before the pandemic. This is the highest figure since the 2017 to 2018 season, when there were 22,500 excess deaths associated with flu.

You can read more [here](#).

Child Poverty Action Group

These are some free resources from the Child Poverty Action Group which can be shared with constituents and the third sector.

Many of our resources are free to read online because of partnerships we've made. These include:

- [Mental Health and Benefits Handbook](#) this has just come out and has been produced in conjunction with MIND
- [Fuel Rights Handbook](#)
- [Debt Advice Handbook](#)
- [Children's Handbook Scotland](#)
- Selected [articles from the Welfare Rights Bulletin and Poverty](#)
- Factsheets on welfare topics – available on our [topics pages](#).

Measles Action Cards

The UK Health Security Agency (UKHSA) Yorkshire and Humber have recently circulated communications and guidance to acute trusts and primary care following a rise in the number of confirmed Measles cases both within Yorkshire and Humber and nationally during the first part of 2023. Children and young adults continue to be susceptible to infection due to a gap in immunity, contributed to by the fall in vaccination uptake rates during the COVID-19 pandemic.

Measles action cards for healthcare settings are available and inform staff of the symptoms to be aware of as well as the actions to be taken should a patient present with measles like symptoms.

The Health Publications website contains UKHSA measles resources for settings which can be downloaded and printed or ordered (usually for free). To access all of the available resources visit [Publications - Health Publications](#).

The 'If you think you've got measles call ahead' poster can be printed [here](#) to be displayed in surgeries, or if you would like this to be posted to you please contact the Public Health Resource Centre PHRC@leeds.gov.uk. This poster can also be shared on social media platforms and GP practice websites to raise public awareness of measles symptoms and actions.

National Energy Action: E-learning courses

This training aims to equip you with the skills and knowledge to help mitigate against the impact of the energy crisis on vulnerable households.

- Fuel poverty and health – information and online booking [here](#).
- Introduction to domestic energy efficiency – information and online booking [here](#).
- Delivering high quality domestic energy advice – information and online booking [here](#).