

## Inner East Community Committee May 2018

### Better Together – Orion Consortium

The Orion Consortium continue to deliver community health development activity across the 10% most deprived parts of the East North East of Leeds. In April to June, they have reached 1388 individuals mostly living in LS8 5, LS9 6 and LS9 7 through events such as the Lincoln Green 'Great Get Together', Gipton Fire Engine day and various health outreach. Through the group activity, 365 new people joined the service for support including conversation clubs, walking groups, craft sessions, Parents groups, and coffee mornings.

### Inner East Health and Wellbeing Partnership

The partnership has had two meetings in with Cllr Ragan as chair. Cllr Ragan and Cllr Jenkins are joint champions and will be sharing the role of chair. The first meeting concentrated on Physical Activity. The invited speakers were:-

**Active Leeds** (formerly Sport & Active Lifestyles) who are the team leading on physical activity for the Council alongside Public Health. They are committed to working on the locality agenda and have a designated officer developing relationships with local communities and developing activities and sport with the community taking an asset based community approach.

They have a youth provision with parent engagement established at Boggart Hill (Seacroft) and Nowell Mount (Harehills) and are developing activities at Lincoln Green, Burmantofts. They have engaged over 50 young people and over 20 parents.

**One you Leeds** who presented an overview of their service and the different sessions available in the inner east.

**Community diabetes service** who presented a power point explaining their role in the local community and how the service can benefit people living with the disease. More information can be found here:

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/diabetes-service/the-leeds-programme/>

**The Public Health Resource Centre** gave an overview of what is available and free to use, this includes games that are physical activity based and many information leaflets. They can be picked up at the Public Health Resource centre in Technorth in Chapel Allerton free of charge. They have a comprehensive website which can be accessed here: <https://www.leeds.gov.uk/phrc>

The second meeting was held on 12<sup>th</sup> July and was centred on priority setting for the group. Notes are available on request

The next meeting is scheduled to take place in October.

The **Inner East Health and Well-Being Partnership** now has a Facebook page. You can request to join the group via the following link:  
<https://www.facebook.com/groups/2033336656685676/>

All power points and information about the Inner East Health and Wellbeing Group available on request. Please contact [dawn.smallwood@leeds.gov.uk](mailto:dawn.smallwood@leeds.gov.uk)

### **Lincoln Green Health Needs Assessment**

This has now been finalised and will be presented at the next core group meeting on the 24<sup>th</sup> September at The One Centre, Lincoln Green. If you require a copy please contact [tina.leslie@leeds.gov.uk](mailto:tina.leslie@leeds.gov.uk)

### **Additional information for Inner East Locality**

Public Health supported Meeting Point Café in gaining £300 to support the holiday hunger in the area and are supplying 30 pack lunches on a Tuesday and Thursday to children in the Clifton and Nowell children's sessions. The MICE money was kindly donated by the Harehills and Burmantofts councillors.

### **Bellbrook Surgery**

Public Health facilitated a meeting with the surgery and Advonet to set up 2 drop-ins to help with translation in Polish, Russian, and Slovak to help their patients navigate the health system and offer support with welfare rights.

### **Foodbank support**

Foodbank provision at the Lincoln Green (Friday 11am-1pm) and St. Cyprians (10am-12noon) sessions are increasing week on week, with more and more people attending and collecting emergency 3 day food supplies. Public Health has been supporting the volunteers at these sessions with information on agencies in which to help them support their clients. The staffing at the foodbanks is at a critical level with some key people leaving or who have left in the last few weeks. This is in addition to worrying low supplies of food which has meant that have had to close early.

The foodbanks in the south and east need more volunteers at these sessions. Specifically Lincoln Green, which is one of the busiest foodbanks in Leeds with between 25-35 attendees each week. St. Cyprians has increased numbers attending from around 6 to 15 each week.

Foodbank usage in Leeds saw a 4% increase in the last year:

2016/17- 25831 visits

2017/18 – 27902 visits

More information can be found here:

<https://www.trusselltrust.org/2018/04/24/benefit-levels-must-keep-pace-rising-cost-essentials-record-increase-foodbank-figures-revealed/>

### **Leeds Let's Get Active**

Leeds Let's Get Active is a community programme, which provides physical activity opportunities to support individuals to get active, from zumba to walking groups. In the Inner East we have sessions established at the Compton Centre, Burmantofts Senior Action, East End Park, Corpus Christi Primary, John Smeaton Leisure Centre and more.

### **Primary Care Update**

Leeds Community Healthcare NHS Trust and Leeds City Council are pleased to announce a new initiative aimed at preventing and treating malnutrition in older people.

The malnutrition helpline puts the public, health and social care professionals in touch with a team of dietitians who can provide advice on a range of issues relating to difficulties with eating and drinking. People can access support by calling 0113 843 0905 Monday – Friday 9am – 4pm or can email the team on: [lch.malnutrition@nhs.net](mailto:lch.malnutrition@nhs.net)

Malnutrition is a lack of good nutrition usually caused by not having enough to eat or not getting the essential nutrients you need to keep healthy. If not dealt with at an early stage, it can lead to other problems. People at risk of malnutrition include; those who are housebound or living alone; those who are not well enough or able to shop for food, cook or prepare meals for themselves; and people with dementia, low mood or mouth/dental problems. The helpline can support by providing advice for those with concerns about;

- Not eating enough or getting full quickly
- Poor appetite
- Losing weight unintentionally or clothes/jewellery looser than normal
- Constipation
- Difficulties affording food
- Dehydration
- Frail and risk of falls
- Wounds or a pressure ulcer that won't heal
- Not well enough to shop or cook
- Eating difficulties related to dementia
- Social isolation at meal times

Leaflets and resources are available from the Public Health Resource Centre. Please promote this initiative with service users, their families and carers and frontline staff as you feel is appropriate.

*Your support with the malnutrition helpline is much appreciated.*

## **Mentally Healthy Leeds**

Mentally Healthy Leeds is a citywide mental health service put in place to reduce mental health inequalities and improve health and wellbeing in local communities. This will be achieved by working to:

- Reduce stigma and discrimination
- Reduce social isolation
- Increase resilience (the ability to cope when things get tough and to 'bounce back' from difficulties).

The service will work with communities most at risk of poor mental health, including those in the most deprived areas of Leeds, young women, men aged 30-60, people who are LGBTQ, refugees and asylum seekers. By identifying, understanding and building on protective factors, people will be supported to stay mentally and emotionally well. Mentally Healthy Leeds will engage with local services, communities, groups and individuals to identify needs and respond in effective ways. The service will use a variety of community development approaches including peer support, volunteering, groups and activities as well as awareness-raising activity. Training will also be offered to communities and local employers.

Mentally Healthy Leeds is funded by Leeds City Council Public Health. It is led by Touchstone and delivered in partnership with Community Links, TCV and Oblong.

More information can be found here:

<https://www.touchstonesupport.org.uk/services/mentally-healthy-leeds/>

The city also has the excellent websites MindWell [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk) for adults, and MindMate [www.mindmate.org.uk](http://www.mindmate.org.uk) for children and young people in Leeds.

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