

Report of: Area Leader

**Report to: The Inner North West Community Committee – Headingley & Hyde Park,
Little London & Woodhouse, Weetwood**

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To note

Area Update Report

1. Purpose of report

- 1.1 This report provides members with a summary of recent sub group and forum business as well as a general update on other project activity.
- 1.2 Members are asked to note the discussions of the Inner North West Community Committee sub groups and any key messages.
- 1.3 Members are asked to note the key public health messages for the area.
- 1.4 Members are asked to note the NHS Leeds Clinical Commissioning Group updates.
- 1.5 Members are asked to note the Community hub updates.

2. Background information

- 2.1 An area update report is submitted at every cycle of community committee meetings, unless there is no additional business to report from sub groups or any other project activity to report. Partner organisations and council services may also contribute information to the area update report.

3. Main issues

There have been no sub group meetings since the last committee.

There have been 2 Universal Credit workshops which took place at the Welcome In on Tuesday 19th February and Woodhouse Community Centre on Thursday 28th February.

4. Key Public Health messages for Inner North West

4.1 Cold Weather and Isolated / Vulnerable residents

Where's your next hot meal coming from?

If you are a carer, paid or voluntary, a neighbour, someone close to a vulnerable isolated older person or a health and social care professional such as a social worker or district nurse you may come across someone who is having problems with eating and possibly at risk of malnutrition.

One in ten people are malnourished – often those who are lonely, have a change in personal circumstances, have mobility problems, don't know how to cook, don't know what to cook or just no longer interested.

What do we mean by malnutrition? It is a serious condition that occurs when a person's diet doesn't contain the right amount of nutrients and can be either:

- Under-nutrition – not enough nutrients
- Over-nutrition – more nutrients than you need

Malnutrition and dehydration are both causes and consequences of illness and have significant impact on anyone's health

But how can we help? Just by starting a conversation:

- "It's going to be cold – have you got a hot meal for later?"
- "I'm off to the shops – need anything?"
- "What are you having for dinner tonight?"
- "Fancy a hot drink?"

It means you can start talking about food and drink in a casual way and find out what help they need. The website www.leeds.gov.uk/nexthotmeal gives you access to all sorts of support material and information that you can pass on too.

So the next time you visit an older person, either professionally or personally, why not ask "Do you know where your next meal is coming from?" and see what happens.

4.2 Lunch Clubs

2018/19 saw 87 lunch clubs funded across the city with just over 2800 older people receiving a hot, nutritious meal for around 40 weeks of the year.

Leeds Community Foundation, in partnership with Leeds City Council, are pleased to be offering grants to support the vital work of lunch clubs across the city for 2019/20. These

grants are specifically for the running costs of lunch clubs and can support new clubs as well as helping existing ones to continue delivering services.

Clubs must run activities in Leeds and be providing regular hot meals to local older people. Funding is awarded as a contribution towards running costs and can help with rent, training, meal costs and volunteer expenses. The scheme cannot cover day trips, home delivery of meals or additional social activities provided by lunch clubs. In order to be eligible, clubs must:

- be run by a management committee, have a constitution/governing document and a bank account in the name of the club (or of the charitable Organisation which runs the club)
- serve approximately 20+ hot meals per week to older people (if you have a smaller number, the panel may use discretion and award a grant which as be scaled down proportionately)
- operate for at least 40 weeks of the year (if you operate for fewer weeks, the panel may use discretion and award a grant which as be scaled down proportionately)
- have adequate insurance and volunteers who are trained, specifically in Food Handling
- New clubs must be able to demonstrate the need for their services
- Clubs must make use of appropriate training for volunteers and be prepared to work with other local organizations

The deadline for receipt of applications is 12 noon on Thursday 14th February 2019. Any queries about the program can be directed to the Leeds Community Foundation Grants Team on 0113 242 2426 or e-mail grants@leedsfc.org.uk

4.3 Cold Weather and Older Citizens

It is that time of year again when seasonal influenza is here and time to promote the uptake of the best protection – the vaccine.

The link below is for the Council's public facing webpage that has a wealth of information on the why, who and how. Leaflets and posters are available to promote uptake of the vaccine and these can be viewed and downloaded via the webpage.

Leaflets and resources are also available from the Public Health Resource Centre Please encourage uptake of the flu vaccine with service users, their families and carers and frontline staff as you feel appropriate. For more information please contact Kevin.McGready@leeds.gov.uk or go to www.leeds.gov.uk/flu

4.5 Social Isolation Tool for signposting vulnerable citizens to support services

Go to <https://leeds.care.vu/> Using the isolation support tool

The isolation support tool helps you find the names, websites and phone numbers of support resources for residents who may be socially isolated.

1. Click on the menu ☰ and select "Isolation Tool".
2. If you know the category for resources you want to look up, pick "Choose from list" and pick the category from the list.

3. If you don't, click "Interactive" and the tool will ask you some basic questions about the resident, leading you to the most appropriate category. You can go back or restart at any time.
4. By default, all resources are shown. If the resident is not older, BAME or LGBT+, you can exclude resources that are specifically for these people by unticking the boxes at the bottom at any time. Contact Jonathan.Hindley@leeds.gov.uk for more information.

5. Updates from NHS Leeds Clinical Commissioning Group

5.1 Your views needed on Leeds urgent treatment centres proposal

NHS Leeds Clinical Commissioning Group (CCG) has developed a proposal for urgent treatment centres for the citizens of Leeds and would like to hear your views.

Over the last few years we have spoken to local people who have told us that it's not always clear who would be best placed to help you, or a loved one, when you're not feeling well or have been injured.

This is especially the case where you feel you need to be seen quite quickly but you know it's not an emergency. We know that the way services are currently designed to help you in this situation – which we often call urgent care services – are not easy to understand.

Urgent care is care that someone feels is needed on the same day but their illness or injury is not life-threatening. This could include anything from cuts, minor injuries, bites or stings through to mild fevers, vomiting and diarrhoea etc.

We feel that our proposals will help simplify the system for you when you have an urgent care need.

The CCG is encouraging people to feedback their views by completing a survey, available online or in paper format. You can also attend one of the events the CCG has organised. Further details are available on the web address below.

Read the proposals in full and have your say today: www.leedsccg.nhs.uk/UTCsurvey.

5.2 Item 2: The Leeds Big Thank You campaign

We write to make you aware of a new citywide campaign, the 'big thank you / you can be a winter hero'. This is a system-wide campaign that covers the NHS, Leeds City Council, community and voluntary sector organisations, carers and the unsung heroes among our communities. I hope you will join me in supporting this very compassionate campaign that we recently launched with the Yorkshire Evening Post.

Please join us in:

Saying a public thank you to all those in our wards who are helping people stay well this. Write your message on the board here: www.bigthankyouleeds.co.uk - [you can see the messages we've already received here: https://bigthankyouleeds.co.uk/big-thank-you-gallery/](https://bigthankyouleeds.co.uk/big-thank-you-gallery/)

Sharing the message on your social media and at events you are at, that we can all be winter heroes by: looking after our own health, checking in on our elderly or vulnerable neighbours and being prepared for bad weather.

The campaign seeks to encourage people to say a thank you to their winter heroes from all walks of life. This could range from frontline public sector staff, community and voluntary staff as well as people within our communities who look out for others such as unpaid carers or a community connector. At the same time we are also encouraging people to think about small steps they could take so that they too could be a winter hero. This could include getting a flu jab, looking out for neighbour or planning ahead for any bad weather. This is an opportunity to try an innovative approach to deliver some of our key prevention messages for winter in an effort to reduce wider system pressures.

We're pleased with the support we've received locally from the NHS in Leeds, Leeds City Council and our community and voluntary sector organisations. Recently we have also been joined by West Yorkshire Police, the British Transport Police and the Yorkshire Ambulance Service NHS Trust.

You will know many individuals and organisations in your ward and beyond who keep your community and the city going through winter and beyond. Now's a great chance to say thanks to them.

5.3 Item 3: We're Proud to be 'Looking out for our Neighbours'

We are excited to announce that we are supporting a brand new community campaign from West Yorkshire and Harrogate Health and Care Partnership.

'Looking out for our Neighbours' is a new campaign that aims to help prevent loneliness in our communities by encouraging people to do simple things to look out for one another.

Although lots of people in Leeds are already doing great things to help those around them, there is still more we can all do to positively impact on the wellbeing of others.

A Health Foundation report (December 2018) highlighted how living alone can make older people 50% more likely to find themselves in A&E than those living with family. Pensioners living alone are also 25% more likely to develop a mental health condition. 'Looking out for our Neighbours' aims to change this - by inspiring people to do small things to reach out to the people around them.

The campaign will launch on the 15th March across West Yorkshire and Harrogate and has been co-created with over 100 residents in these areas, drawing on their neighbourly experiences. Keep an eye out for more information.

6. Community Hub Updates

6.1 Headingley hub

Code Club – Thursdays, fortnightly – ongoing and extremely well attended by young people. Replaced CoderDojo which had low numbers. New Club fully booked out with 7 children and 6 parents. Increase number of room use by Engage and Forward Leeds to meet local residents to deliver their services.

Senior CSO and Asst. Hub Mgr. attended Leeds Bradford event for Jobshop. 48 sign ups and massive interest in a Yeadon Jobshop (being run by the West team) £4975.92 raised for Cards for good causes. Knitting group has started 10.01.2019. First session: two 60+ ladies who had never met before, exchanged numbers and agreed that, outside of the knitting group, they would meet up and knit with one another at one another's houses.

While we encouraged them to return to meet at the Hub weekly, this was a fantastic demonstration of working to bring otherwise socially isolated people into contact with peers. One of the ladies had told CSO about how she doesn't get out much due to physical disabilities and was really happy that we had started the knitting group. All of this was organised by a CSO on site.

Stefan (Senior) is doing an amazing job at promoting the Jobshop. He has been doing a leaflet drop around the area generating a lot of interest and sign ups. Both Julie (CSO) and Stefan have been in contact with the local Housing Offices to get them to promote it too and contact has been made with West area housing manager to send out to all tenants as part of annual tenancy visits.

Jobshop success - Stefan has been working with a 75 years young customer who want to come out of retirement and has found a position suitable for her as a manager of the sheltered accommodation where she lives. Fingers crossed for a good outcome to this but wanted to share anyways as it really shows that the Jobshops do not discriminate. Well done Stefan!

7. Area update newsletter (See appendix 2)

- 7.1 Through discussions at area chair's forum, it has been agreed that update newsletters be produced for each of the community committees as a means of communicating business to the public.

8. Corporate considerations

8.1 Consultation and engagement

Elected members have been consulted on the content of this report.

8.2 Equality and diversity / cohesion and integration

There are no equality and diversity issues in relation to this report.

8.3 Resources and value for money

There are no resource implications as a result of this report.

8.4 Legal implications, access to information and call in

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

8.5 Risk management

There are no risk management issues relating to this report.

9. Conclusion

This report provides members with an update on recent sub group business and other project work undertaken by the Communities Team.

10 Recommendations

This report provides members with a summary of recent sub group and forum business as well as a general update on other project activity.

Members are asked to:

- Members are asked to note the discussions of the Inner North West Community Committee sub groups and any key messages.
- Members are asked to note the area update newsletter (Appendix 1)
- Members are asked to note the discussions of the Inner North West Community Committee sub groups and any key messages.
- Members are asked to note the key public health messages for the area.
- Members are asked to note the Updates from NHS Leeds Clinical Commissioning Group.
- Members are asked to note the Community Hub Updates.