

Health Delivery Group

The Lincoln Green Core Team have set up a health delivery sub-group which is working together to discuss next steps on the findings, partners include Clinical Commissioning Groups local surgeries, third sector and council representatives. We are working closely with Leeds Teaching Hospital Trust to set up a local employment fair in the Lincoln Green. For more information email lan.Kenning@leeds.gov.uk for more information about the health delivery group email chetna.patel@leeds.gov.uk

Inner East Health and Wellbeing meeting

Minutes are now available for the last meeting. The next meeting will take place on 28th March 2pm – 4pm at Training Room, Compton Centre.

Better together event

The Better Together celebration event took place on 28th January a hugely successful event with local people from across Leeds talking about how the Better Together programme has benefitted them, their families and communities.



Orion Activity list
Q4 2019.pdf

The flier with all the activities is attached.

ESOL classes

A range of English classes are taking place over the Inner East Locality area please see information attached.



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nter Wellbeing Clas



PATH Free
Beginners ESOL clas



Centre Programme
January 2019 - Marcl



English in the
Community 2&3 Feb

Healthy Weight Declaration

Last year, Leeds City Council became the first Council in Yorkshire and Humber to adopt the Healthy Weight Declaration and was launched on 1st February. This national charter mark aims to raise the profile of healthy weight across council teams and improve working together to help support more people achieve or maintain a healthy weight. The Healthy Weight Declaration provides a strategic vision and framework to help support the council to exercise its responsibility to promote healthy weight across the city.

The Healthy Weight Declaration consists of 14 commitments and six priorities which were consulted on over several months. These priorities will help spearhead the Declaration and help the council

achieve the commitments as well as contribute to Leeds being the best city for health and wellbeing. The priorities are:

- Implementing a Leeds 'Move More' style campaign
- Influencing planning and design for a healthy environment
- Increasing active travel and improving air quality
- Encouraging an active healthy workforce
- Influencing the Councils food offer to promote a healthy weight
- Implementing our local whole school food policy

For further information please email deborah.lowe@leeds.gov.uk

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.