

## Outer North West Committee Update report – Health and Wellbeing May 2019

(Maximum of three pages)

### Leeds become the first city in the UK to reduce childhood obesity levels.

Leeds has made some incredible progress in reducing obesity levels for our poorest children. This excellent work has been achieved through public health programs like Henry (Health and Exercise and Nutrition for the Really Young) as it is so important to tackle the problem early with children. Please follow the link to the article below.

<https://www.theguardian.com/world/2019/may/01/leeds-becomes-first-uk-city-to-lower-its-childhood-obesity-rate>  
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- ✚ For information on HENRY please contact from the public health children's team; [Jackie.Moores@leeds.gov.uk](mailto:Jackie.Moores@leeds.gov.uk)
- ✚ To learn more about the HENRY approach please follow the link; <https://www.henry.org.uk/henryapproach>
- ✚ Maternal obesity; [Nicola.Goldsborough@leeds.gov.uk](mailto:Nicola.Goldsborough@leeds.gov.uk)
- ✚ Leeds City Council Healthy Weight Declaration; [Deborah.Lowe@leeds.gov.uk](mailto:Deborah.Lowe@leeds.gov.uk)

### WNW Health and Wellbeing Partnership group

The last meeting held in February had a presentation on Careview the social isolation app from Jon Hindley Public Health. Next steps are to find further funding to develop and widen the project. For information contact Jon

[Jonathan.Hindley@leeds.gov.uk](mailto:Jonathan.Hindley@leeds.gov.uk)

Officers from Barca presented on the Better Together contract and also Patient Empowerment Project, the social prescribing offer currently in West Leeds. Contact Rachel Shaw for Better Together [Rachel.hln@barca-leeds.org](mailto:Rachel.hln@barca-leeds.org) or Josie Gilbert for PEP [Josie.gilbert@barca-leeds.org](mailto:Josie.gilbert@barca-leeds.org)

The group then networked to increase partnership opportunities on these and other areas of work.

The H&W partnership is an opportunity to share information across the 10% most deprived areas either by attending the meetings or via the distribution email list.

### Looking out for your neighbours

#### “Can you help your community pledge support to a ground-breaking new campaign?”

Do you live in West Yorkshire or Harrogate? Are you a member of any community groups? Perhaps you go to WI or your kids go to scouts? Maybe you're a member of a local church or volunteer for a charity?

Whatever you get up to, we'd love you to consider how you can help groups or organisations pledge their support to a brand new campaign that launches next month. 'Looking out for our neighbours' aims to help prevent loneliness in our communities by encouraging people to do simple things to look out for one another. This could be as simple as meeting for a cuppa, offering a lift or even just saying 'hello'.

The campaign is being led by West Yorkshire and Harrogate Care Partnership and is quickly gaining lots of support. It's already been backed by Jo Cox Loneliness Foundation, Yorkshire Ambulance Service, West Yorkshire Fire and Rescue Service, Health Watch, hospitals, councils, housing organisations, sports clubs and many community and voluntary groups, including Dementia UK, Mencap and Age UK. People can choose how they support the campaign – from displaying posters to supporting it on social media or pointing people to the website [www.ourneighbours.org.uk](http://www.ourneighbours.org.uk). It's minimal commitment that could make a massive impact.

So, if you'd like to help tackle loneliness in the community you live and/or work in then please let groups organisations know about this work and ask them to pledge their support.