Health and the City

Siobhan Farmer – Salford City Council
Shelly Dewhurst – West of England Nature Partnership

A growing problem?

- 54% of the global population now lives in urban areas (by 2020 up to 66%)

- By 2050 population is due to increase by a further 2.5 billion, of these 70% will be urban dwellers.

- In the UK, estimates suggest we need to build a further 232,000 to 300,000 units per year to address the current housing shortage.

Greater Manchester: a snapshot picture

£ **£56 Billion GVA**
Fastest growing LEP in the country

2.7 Million People
Growth of 170,000+ in the last decade

104,000 People Unemployed
7.8% (above UK average of 5.5%)

77.7 Male Life Expectancy
England average: 79.3

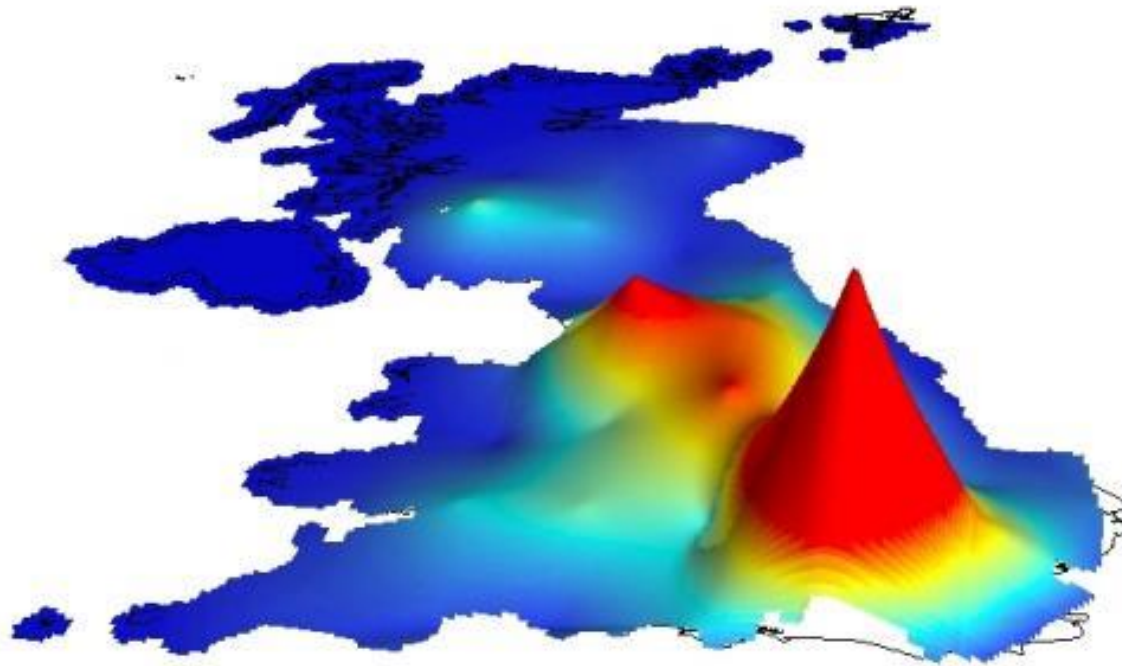**81.3 Female Life Expectancy**
England average: 83.0

112,000
People on long-term sick and inactive

GVA – Gross Value Added
LEP – Local Enterprise Partnership

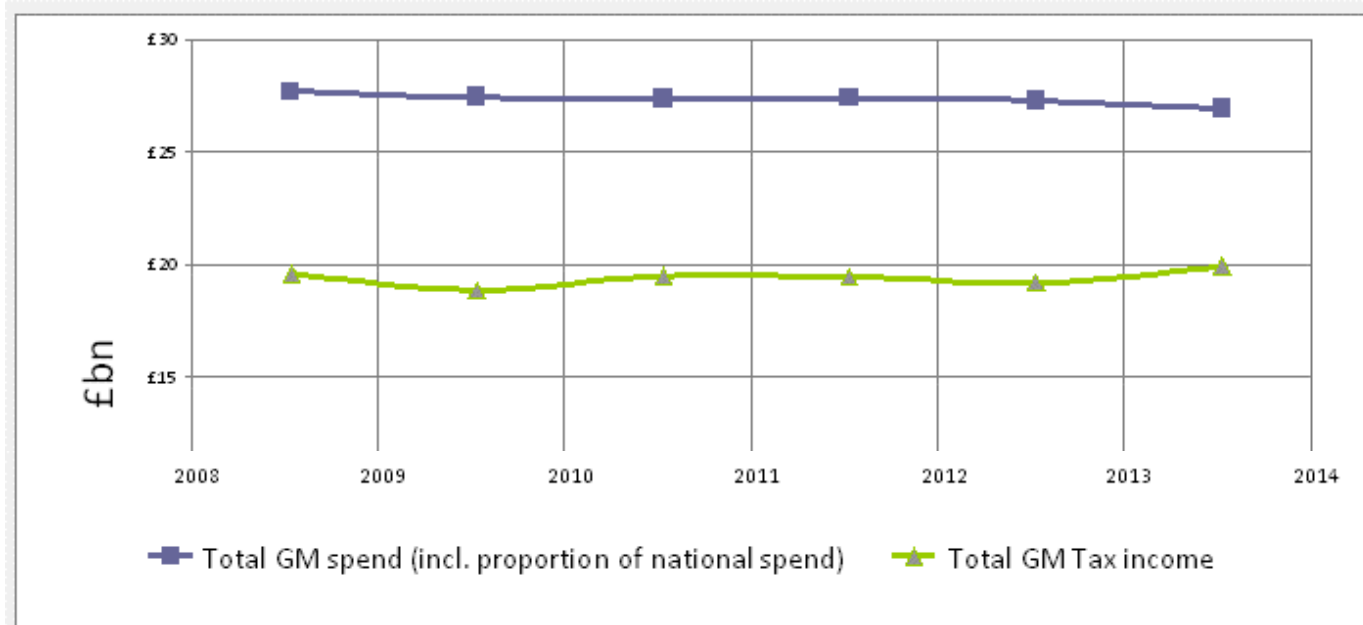# The UK's second growth pole

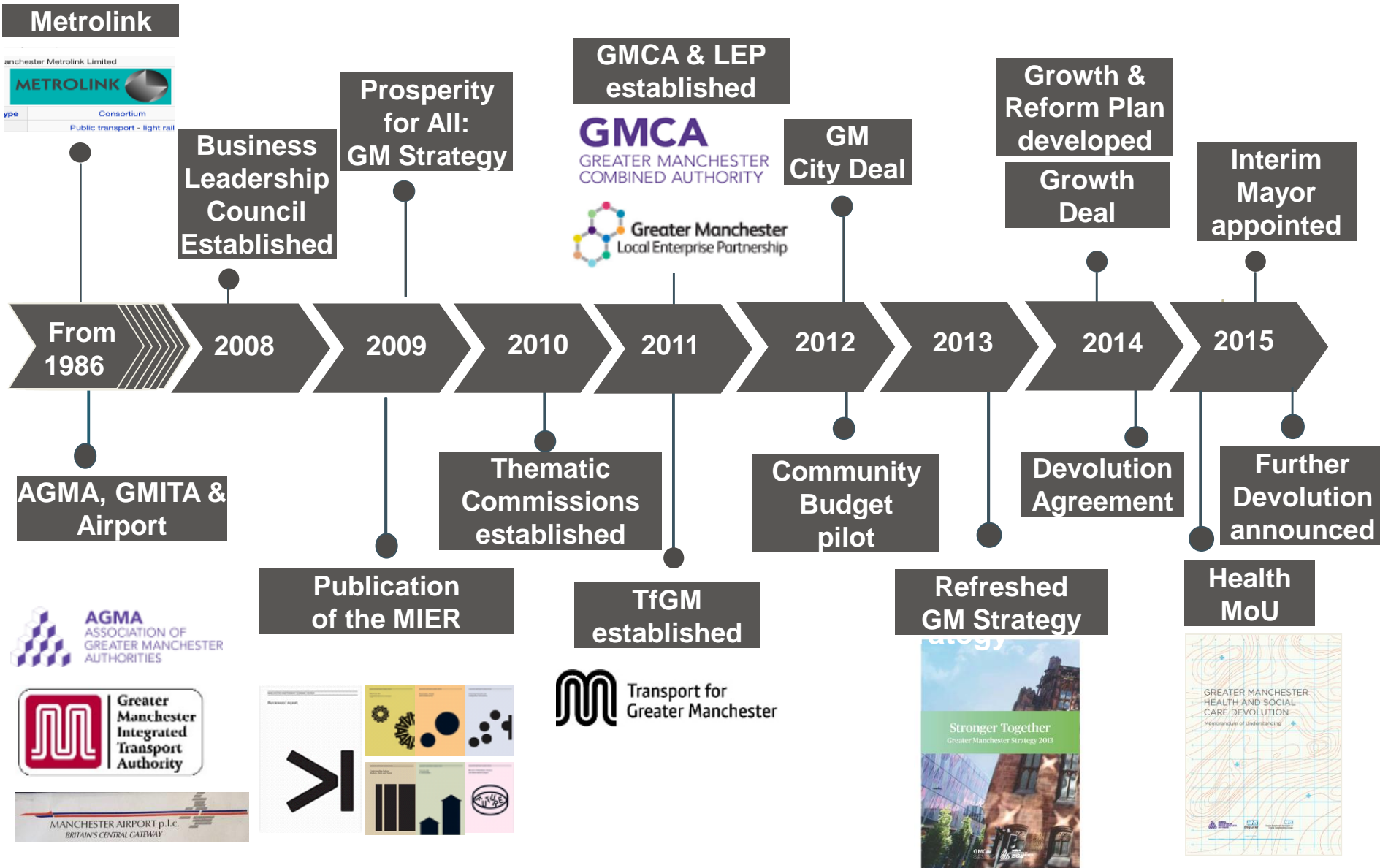*Source: Yale University Geocon Project*

The aim of "GM Devo"

The ultimate ambition of Greater Manchester Devolution is to:

either control or influence all decisions about public spending in the city region (about £23 billion of spending) to shift our position from being a **cost centre** to a **net contributor** to national public finances

A long history of collaboration

Metrolink

GMCA & LEP established

Prosperity for All: GM Strategy

Business Leadership Council Established

GM City Deal

Growth & Reform Plan developed

Growth Deal

Interim Mayor appointed

From 1986	2008	2009	2010	2011	2012	2013	2014	2015

AGMA, GMITA & Airport

Thematic Commissions established

Community Budget pilot

Devolution Agreement

Further Devolution announced

Publication of the MIER

TfGM established

Refreshed GM Strategy

Health MoU

A single Greater Manchester strategy

Originally developed in 2009

- Informed by the Manchester Independent Economic Review's (MIER) evidence base
- Aligned all partners behind priorities
- Strategic framework for policy and decision making
- Pitch to Government

Stronger Together
Greater Manchester Strategy 2013

GMCA
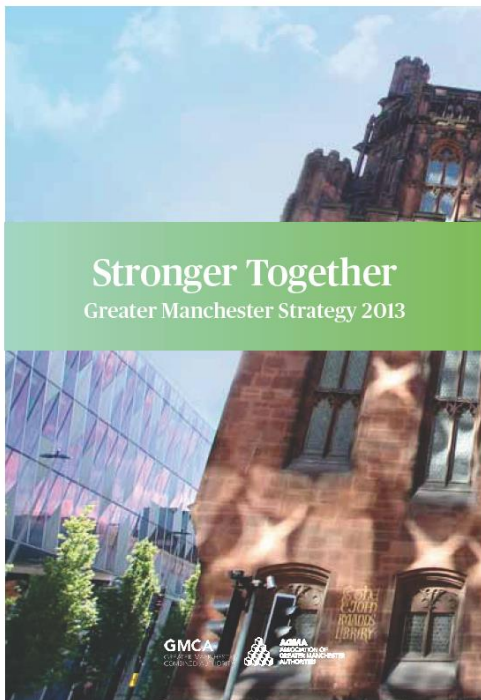
Updated and re-positioned 2013

- Reflects the economic challenges we now face
- Greater focus on public service reform agenda
- Stronger on delivery and implementation

"We will be known for a good quality of life, low carbon economy and a commitment to sustainable development alongside an outstanding natural environment."
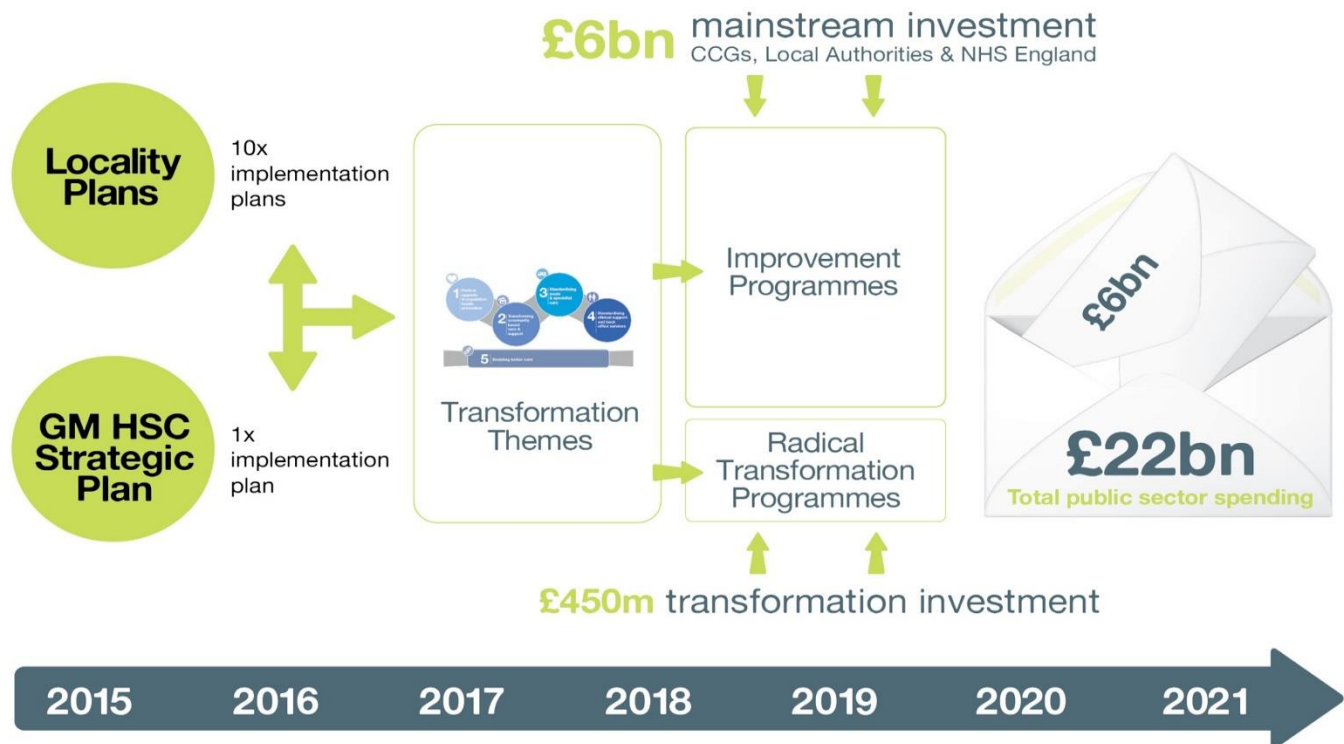
Health and Social Care Devolution

Vision:

To deliver the greatest and fastest possible improvement to the health and wellbeing of the 2.8m people of Greater Manchester

We will do this by:

1. Creating a transformed health and social care system which helps more people stay well and takes better care of those who are ill

2. Aligning our health and social care system far more widely with education, skills, work and housing

3. Creating a financially balanced and sustainable system

4. Making sure the system remains clinically safe throughout.

Locality Plans — 10x implementation plans

GM HSC Strategic Plan — 1x implementation plan

Transformation Themes

£6bn mainstream investment
CCGs, Local Authorities & NHS England

Improvement Programmes

Radical Transformation Programmes

£450m transformation investment

£6bn

£22bn
Total public sector spending

2015   2016   2017   2018   2019   2020   2021

Greater Manchester Spatial Framework

"Achieving improvements in the health, skills and quality of life of residents, by securing urban regeneration, enhancing the green infrastructure network and combating climate change will be as important as delivering high levels of new development"

Sustainability, GMSF & Health

A significant improvement in the average health of Greater Manchester residents, and a reduction in health disparities, will be supported through a range of measures including the following priorities:

1. Require new development to maximise its positive contribution to healthy communities and minimise its negative health impacts, both by avoidance and mitigation, as far as practicable;

2. Support healthy lifestyles, including through the provision of a high quality green infrastructure network across Greater Manchester, supporting an increase in the proportion of trips that are made by walking and cycling, and the targeted control of premises that sell unhealthy food and alcohol;

3. Reduce the risks to human health, including by taking an integrated catchment-based approach to addressing flood risk, reducing levels of air pollution, providing cooling and shading to help combat high temperatures, and designing out crime;

4. Increase prosperity and social inclusion, including by making provision for new employment floorspace and supporting improvements to skills;

5. Increase the supply of high quality and affordable homes that meet minimum size and accessibility standards;

6. Enable better health care, including by requiring the provision of sufficient health facilities in conjunction with new developments and supporting the successful operation of Greater Manchester's hospitals.

Additional Strategies
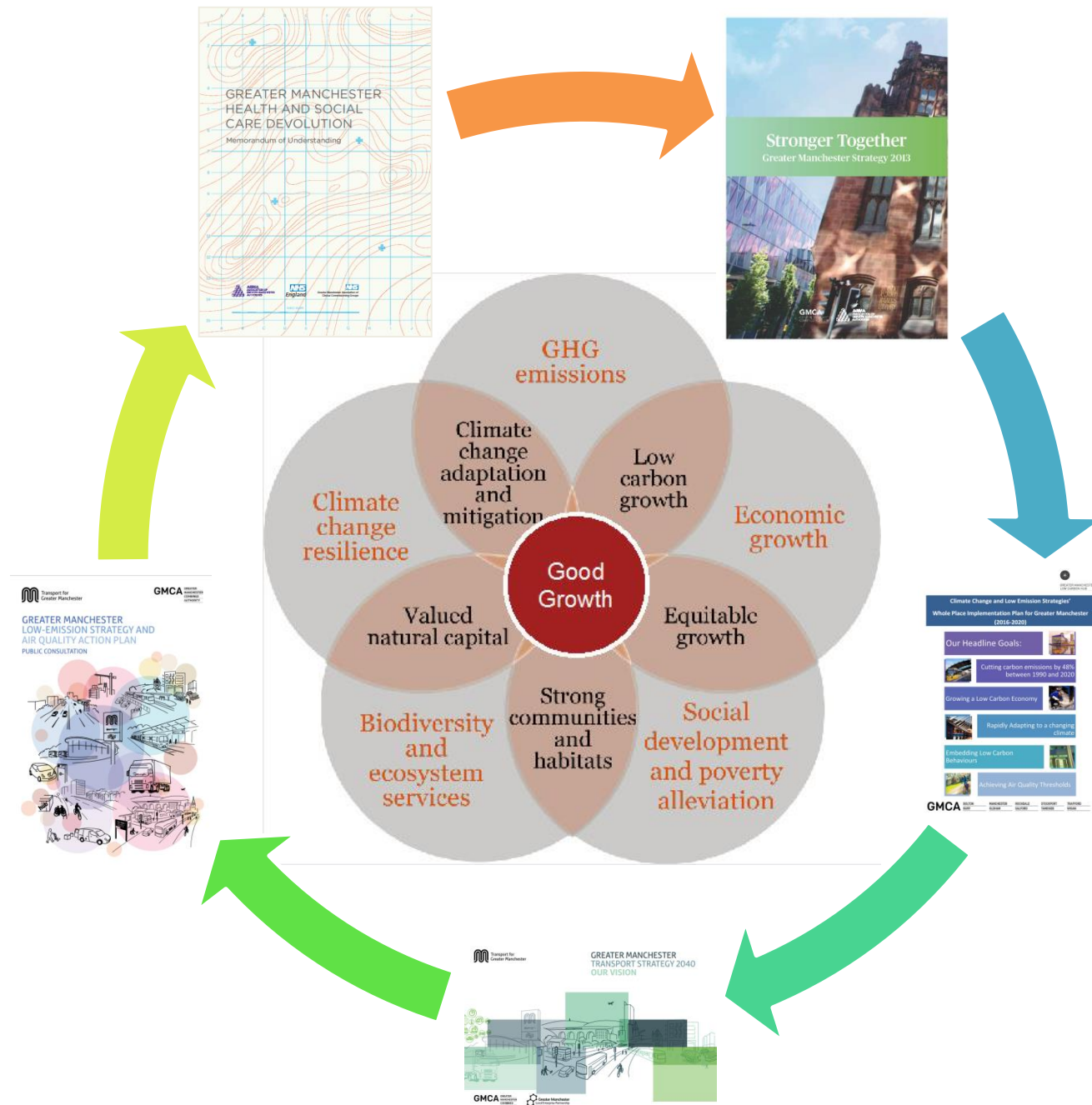
Making the Links from GM to Salford

Start well.
Live well.
Age well.

OUR SALFORD

Starting well - Children will have the best start in life and continue to develop well during their early years

Living Well - Citizens will achieve and maintain a sense of wellbeing by leading a healthy lifestyle supported by resilient communities

Aging Well - Older people will maintain wellbeing and can access high quality health and care, using it appropriately

DEVELOPMENT

HOUSING

EDUCATION AND SKILLS

TRANSPORT

HEALTH AND SOCIAL CARE

GM

TACKLING POVERTY AND INEQUALITY

Greater Manchester Health and Social Care Partnership

Starting Well: Early Years Strategy; Smoking in pregnancy, Oral Health

Living Well: Work and Health: People becoming ill and risk falling out of employment and people with a health condition who have become recently unemployed or are economically inactive to support them to make a return to work; Lifestyle Risk Factors: Smoking and Physical Activity

Ageing Well: Nutrition and hydration; Falls: Fracture Liaison Services; Housing and Health: Home Improvement Agency

People Powered Health: Asset based approaches, Social Marketing

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Salford City Partnership

Starting Well: Continuing linking young people to enterprise opportunities (**school pilot**); align local services with **GM Early Years strategy**; whole school emotional wellbeing and building **resilience**

Living Well: Upscaling community activities and linking social prescribing to primary prevention initiatives e.g. walking, green gyms, green space; developing network of **workplace champions**; transforming **planning and licensing** laws locally ; consider **anti-poverty work** e.g. links to credit union

Ageing Well: Positive messages for aging well linked to Age Friendly City; **intergenerational schemes** e.g using opportunities such as the RHS Garden Salford to develop **gardening initiatives**

People Powered Health: Community Assets development; link to GM campaigns and expand e.g. develop the **"daily mile"** walking initiative, decrease mental health stigma through **champions**

SALFORD TOGETHER *Support to Stay Healthy and Well*

Prevention, early intervention & self care

Primary Prevention (Overlap): Age Friendly City; Community Assets;

Secondary Prevention: Falls prevention; Health Coaching; Social Prescribing Hub; Practice Health Improvement Workers; Carers support service; Carers Direct Payments and Carers Personal Budgets; Personalised health budget process for continuing care; Early Intervention in Psychosis service capacity review;

Tertiary Prevention: Anti-coagulation service; UTI pathway

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Health and the City: Part II

Healthy City Week

West of England Nature Partnership
Joining up the dots for nature

BRISTOL
GREEN
CAPITAL
PARTNERSHIP

- Established in 2012
- Strategic partnership covering 4 areas.
  - Bath & NE Somerset
  - Bristol
  - North Somerset
  - South Gloucestershire
- Tasked with *"embedding the value of nature into decision making."*

- Existed since 2007
- European Green Capital award
- Partnership grew from 12 to 800+
- Cross-sector partnership
- Established to make Bristol *"a low carbon city with a high quality of life for all"*

Nature, Health & Wellbeing
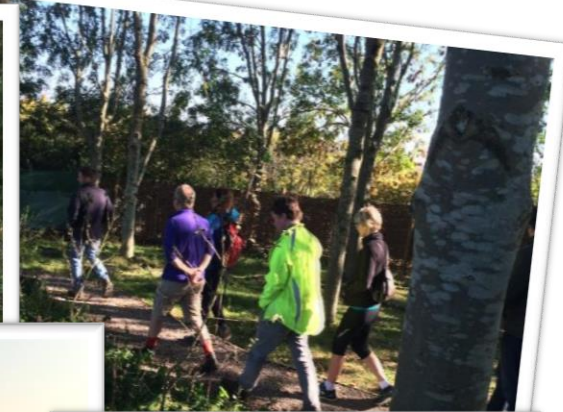
The UK's first
European Green Capital

5 themes

- Nature
- Transport
- Resources
- Energy
- Food

From humble beginnings

- H&WB action group formed in 2014 –who wanted to shine the spotlight on the sustainable health agenda.

- Group suggested running a full week

- Create a platform to showcase city-wide approaches, local initiatives, individual practitioners and projects

- Highlight the diverse range of people working to improve health across the city

- Support from Bristol Green Capital Partnership community interest company and sponsors Bristol Health Partners

Energy

- Warmer homes
- Community energy
- Climate change
- Low Carbon South West

Food

- Kitchen on prescription
- Community Farmer day
- Land and Food Forum
- Eating raw food
- Health & Nutrition
- Around the world in 6 dishes
- Mood Food

HEALTHY CITY WEEK
Bristol

Wellbeing that doesn't cost the Earth

Transport

- Lifecycle for over 55s
- Transport and public health? (sustrans)
- Healthy Travel Roadshow
- Bikeminded

Resources

- Medicine waste
- Green impact toolkit
- A Wasteless Evening

Nature

- Wellies for wellbeing
- Singing a song for nature
- WENP events
- Dig It

West of England Nature Partnership
Joining up the dots for nature

Energy
- Warmer homes
- Community energy
- Climate change
- Low Carbon South West

Community
- The tale of Lawrence Weston
- A Community Conversation
- Bristol Soup

Food
- Kitchen on prescription
- Community Farmer day
- Land and Food Forum
- Eating raw food
- Health & Nutrition
- Around the world in 6 dishes
- Mood Food

Policy
- Putting PH in all policies
- Integrating local services
- Developing healthy neighbourhoods

Technology
- Hackathon
- Bristol SPHERE

Transport
- Lifecycle for over 55s
- Transport and public health? (sustrans)
- Healthy Travel Roadshow
- Cycle and mental health

Resources
- Medicine waste
- Green impact toolkit
- A Wasteless Evening

Wellbeing
- Meditation
- Emotional First Aid Tester
- Social Prescription
- Workplace wellbeing
- Mindfulness

Nature
- Wellies for wellbeing
- Singing a song for nature
- WENP events
- Dig It

Equality
- Closing the gap
- Well, Well, Well: Living life to the full.

HEALTHY CITY WEEK
Bristol

Wellbeing that doesn't cost the Earth

West of England Nature Partnership
Joining up the dots for nature

Naturally Healthy: why nature is good for our health & wellbeing

Impact 2015

- More than 3,000 attendances engaged in over 100 events across Bristol

- **#HealthyBristol** was used over 2,000 times by over 550 Twitter accounts, reaching potentially over 2 million accounts.

- 20+Nature-based events eg. community farm day, nature bike-rides, baking & raking, Growing Support, urban planning & green space seminars / talks.

Has your experience of HCW inspired you to change behaviour in your personal or professional life?

- 69% YES
- 12% NO
- 19% NO RESPONSE

Healthy City Week 201[6]

- After the success of 2015, the number and geographical spread of events increased.
- More alignment with public health team who were already looking at things such as social prescribing, community assets and sustainable healthcare.
- Worked more with community teams, venues & community-based venues – less city centric.
- Empowered communities to explore sustainable approaches and solutions for health.
- *Enabled new connections and partnerships to be formed.*

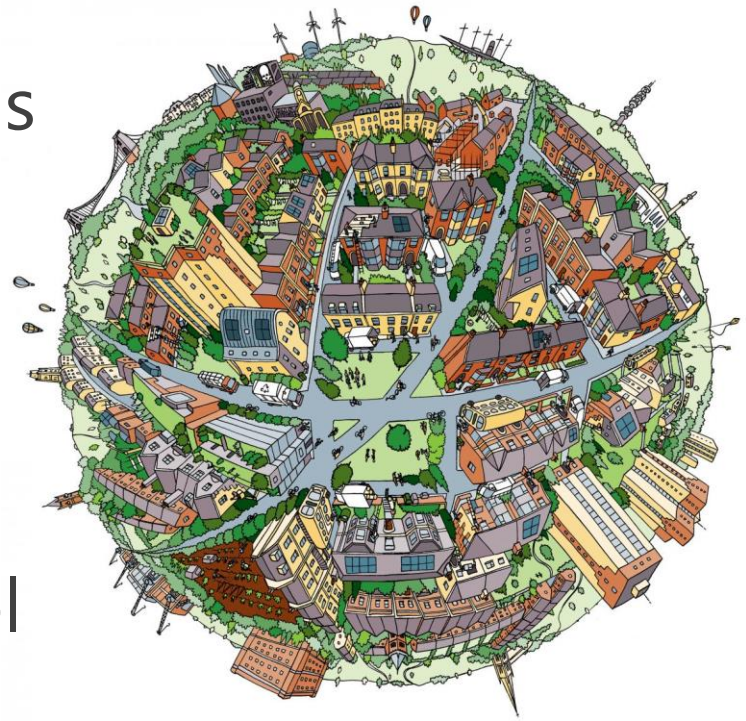# A Natural Health Service: Developing Partnerships

2016

West of England Nature Partnership
Joining up the dots for nature
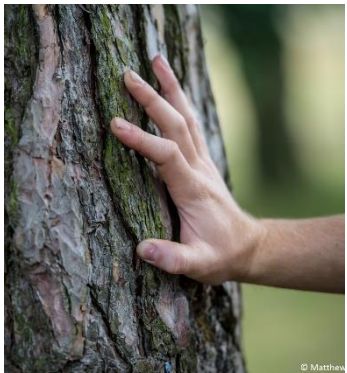
Healthy City Week 20

- 192 events, 4500+ attendances
- Activities in 15+ Bristol wards
- 1,141 social media posts allowed BGCP to reach 471,724 timelines
- 5,673 engagements
- 4,660 uses of #HealthyBristol by 866 unique users

The natural environment and the healthy city

"Achieving a radical shift towards prevention, early intervention and self care..."

A healthy city is a nature-rich city

The Healthy City approach

- Bristol Green Capital Partnership wanted to enable events (not run them)

- Packed programme to include a diverse range of activities

- Provoking conversation about sustainability through a health lens

- Enabled the city to inwardly inflect – who's responsibility is health / sustainability?

- Provided space to create new collaborations and connections between sectors

- Cost?

**2015
£5,000**

**2016
£12,000**

"Wellbeing that doesn't cost the earth" **is possible**

HEALTHY CITY WEEK
Bristol
Wellbeing that doesn't cost the Earth

West of England Nature Partnership
Joining up the dots for nature

Thank you

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@WoENP

Discussion

- What are the relative merits of each of the 2 approaches described? What are the negatives?

- From the presentations you have heard, is there anything from the 2 approaches that you could take back and implement *and how*?

- What other approaches have you used that would fit with the 2 you heard about?

- What other questions do you have about either of the approaches that weren't answered