

## **EXETER HEALTH AND WELLBEING BOARD**

Tuesday 11 November 2014

### **Present:-**

Gillian Champion	Clinical Commissioning Group
Councillor Owen	Exeter City Council
Councillor Hannaford	Exeter City Council
Councillor Shiel	Exeter City Council (Chair of Scrutiny Community)
Councillor Leadbetter	Devon County Council
Councillor Westlake	Devon County Council
Sara Gibbs	Devon County Council
Anna Shwappach	Devon County Council
Superintendent Perkin	Devon and Cornwall Constabulary
Julian Tagg	Exeter City FC
Matt Evans	Active Devon
Jacinta Jackson	Health Watch Devon
Martyn Rogers	Exeter Age UK
Robert Norley	Exeter City Council
Dawn Rivers	Exeter City Council
Anne-Marie Hawley	Exeter City Council
Alex Bullied	Exeter City Council
Howard Bassett	Exeter City Council
Catherine White	Exeter City Council

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### **APPOINTMENT OF CHAIR AND DEPUTY CHAIR**

**RESOVLED** that:-

- (1) Gillian Champion of the Clinical Commissioning Group be appointed Chair of the Board for the next 12 months; and
- (2) Councillor Keith Owen of Exeter City Council be appointed Deputy Chair of the Board for the next 12 months.

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### **APOLOGIES**

These were received from Councillor Edwards, Simon Bowkett, Dr Virginia Pearson and Patsy Temple.

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### **MINUTES OF THE MEETING HELD ON 7 OCTOBER 2014**

The minutes of the meeting held on 7 October 2014 were agreed as a correct record.

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### **EXETER DISTRICT PUBLIC HEALTH PLAN 2014/15**

Sara Gibbs presented the Exeter District Public Health Plan 2014/15. The Plan was a mechanism for monitoring and prioritising health and wellbeing issues across Exeter and to inform the planning of services within the work of the Health and Wellbeing Board partners. A yearly update of the Plan would be available by September each year and Exeter health and wellbeing outcomes reports would be produced quarterly by the Devon Public Health Intelligence Team. It formed a suite

of documents including the Exeter Joint Health and Wellbeing Strategy and the Active Exeter delivery plan.

The Annual Public Health Plan informed the Board's priorities, currently:-

- increasing physical activity;
- reducing alcohol misuse;
- reducing falls and cold homes; and
- health of the most disadvantaged.

In referring to the Public Health England Health Profile for Exeter 2014 where Exeter's figures were high in respect of skin cancer, alcohol related hospital admissions, violent crime and acute sexually transmitted infections. However, these had to be taken in context as not all were appropriate for the Board to seek to influence and because some were influenced by commissioned services. The Board, as a partnership, had rightly identified priorities to contribute to by working collaboratively together.

Highlighted in the Exeter figures was an increase in hospital admissions rates for self-harm for 10-24 year olds. This is a Devon-wide issue and was being examined through a Health Needs Assessment which would highlight any evidence-based interventions that might contribute to reducing these rates.

Gillian Champion referred to the proposed creation of an Urgent Care Centre at the RD&E which would be distinct from the Accident and Emergency Department. It was widely agreed that the terminology around "urgent" was confusing and should be considered further.

**RESOLVED** that:-

- 1) the Board endorse the Public Health District Plan;
- 2) partners use the information in the plan and link to further information available on the Devon Health and Wellbeing website for planning their work within the City; and
- 3) the Board endorse the current priorities of the Joint Health and Wellbeing strategy and therefore the Exeter Health and Wellbeing Board. These will be re-examined every year against the Annual Exeter District Public Health Plan.

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### **SMOKE FREE PLAY PARKS**

Sara Gibbs presented the report on the "Better Places to Play" evidence based Smoke Free Play Parks initiative developed by Smokefree South West. She explained the rationale behind the initiative which was being implemented by District Councils across Devon.

It was noted that the signage would be advisory only and complemented the on-going work of encouraging people to change behaviour to improve their health.

Potential parks where signage would be of greatest value had been identified by the parks operatives with Bury Meadow noted as a particular problem because of its proximity to Exeter College.

**RESOLVED** that the Board:-

- 1) endorse the use of smoke free play parks signage in those parks where the public or council staff have currently identified smoking as an issue;
- 2) agree to the identification of possible additional parks based on health and wellbeing statistics, insights from the City Council parks team and availability of signage;
- 3) endorse the use of Smokefree South West “Better Places to Play” signage accessed through money currently allocated to Exeter City Council and held by Public Health Devon; and
- 4) agree to City Council officers, subject to prior consultation with the City Council Portfolio Holder for Environment, Health and Wellbeing, identifying the extent of those parks where signage would be introduced.

6 **EVERYBODY ACTIVE, EVERY DAY IN EXETER - PUBLIC HEALTH BEHAVIOUR CHANGE SCOPING REPORT**

Sara Gibbs presented the final version of the public health behaviour change scoping report previously titled “Getting Exeter Active” and now incorporating comments made at the Board meeting in July. The report title had been changed to reflect the context of increasing physical activity levels in the City and health inequalities. Profiles and segments of the population in the report now included a wider audience within the city and acknowledged the approach needed for physical activity opportunities to appeal to these groups.

Matt Evans urged caution in respect of the statistics because the sample had only been 500.

**RESOLVED** that the Board:-

- 1) approve and adapt the final version of the social marketing scoping review report Everybody Active Every Day in Exeter;
- 2) endorse distribution of the report through the Active Exeter group; and
- 3) reports on the progress of the scheme be submitted on a quarterly basis.

7 **HEALTH PROMOTION DEVON - ROLE AS PROVIDER OF PUBLIC HEALTH IN DEVON**

Jacinta Jackson spoke on the work of Health Promotion Devon which covered the following areas:-

- Specialist stop smoking service;
- Health trainer service;
- Health Trainers;
- Inequalities Team - Community Development Workers;
- Healthy weight;
- Sexual health;
- Training; and
- Emotional wellbeing.

Training was of great value to individuals and communities in developing health capacity and resilience with a skilled training team, the majority of which was accredited and could range to level 3, and had the expertise to develop programmes to meet highly localised needs. In Exeter, there had been approximately 130 participants in 7 different courses. Training was at the 80-90% level with engagement through self referral, GP referral and community engagement workers. Wonford, for example, had experienced a poor take up of training offers to parents at Wynstream School but with Wonford Green Surgery experiencing a strong referral level.

The Chair thanked Janita Jackson for her presentation.

**RESOLVED** that the report be noted.

8 **LEISURE FACILITIES STRATEGY/ PLAYING PITCH STRATEGY AND SPORTS DEVELOPMENT DOCUMENT**

Matt Evans presented the report setting out the work to date of Active Exeter. He referred to the City Council's work in completing a Leisure Facilities Strategy and Playing Pitch Strategy. Notwithstanding the importance of facilities and green spaces as places for people to participate in activity, Active Exeter's focus had largely been towards people and activities. It was important therefore that initiatives were moving forward on a number of fronts to promote and recognise the strategic value of participation in physical activity and sport. Sara Gibbs emphasised that regard should be had to all forms of physical activity and not just sport. Julian Tagg referred to his involvement in an art and culture group and asked to be involved in the development of the strategies.

Following discussions between the City Council and Active Devon, it was proposed that an overarching strategy document be agreed to articulate the key priorities from the various strands in a single high level document. It was proposed that the Health and Wellbeing Board promote a working stakeholder conference, to take place in February/March 2015, aimed at informing the strategy and securing wider ownership with key partners.

**RESOLVED** that the Board:-

- 1) note the report;
- 2) endorse and support the proposed stakeholder conference as a means to informing an over arching sport and physical activity strategy for the City;
- 3) request Exeter City Council and Active Devon to progress the appropriate arrangements for the strategy; and
- 4) Matt Evans liaise with Robert Norley and Julian Tagg in the production of the strategies.

9 **EXETER PARK FITNESS TRAIL**

It was reported that the City Council had received a grant for \$67,000 (sterling equivalent of £41,620) from the Alcoa Foundation of Alco Howmet based at Sowton to create an Outdoor Fitness Trail in one of Exeter's Parks. To ensure delivery of the project it was suggested that the Board lead a partnership approach to project management and monitoring or suggest a partner organisation with enough capacity to take on this task.

Catherine White, who had been involved in the bid, referred to an existing green gym in Belmont Park. This trail would enlarge on the project which would be one of the first of its kind in the country and the first developed by Alcoa.

The City Council would design and install the trail which would improve health and wellbeing and the funding was shortly to be received. The Council was proposing either Cowick Barton Playing Fields or Heavitree Park, given their central location in dense residential areas. Of the two, Cowick Barton Playing Fields currently had the lowest usage and it was considered that it would be easier to achieve the project outcomes in a location that was not currently well used. However, community engagement would be needed to ensure the proposed project outcomes were delivered.

**RESOLVED** that:-

- 1) given the objectives of the Exeter Health and Well Being Board and the wide range of potential stakeholders in this project, Active Exeter sub-group be appointed to oversee and monitor project delivery and outcomes against grant requirements;
- 2) the Active Exeter sub group recommend the location of the trail for the final decision to be made by the City Council; and
- 3) a report on progress be submitted to the next Board meeting.

10 **LOCAL AIR POLLUTION STUDY - EXPOSURE TO ULTRA-FINE PARTICLES IN EXETER**

Alex Bullied updated the Board on progress with a study into the exposure of Exeter residents to ultra-fine particles (PM<sub>2.5</sub>).

It had proved harder than expected to source monitors for hire as only one of the three companies approached had been able to provide these for hire and would only finalise prices next year. Plymouth City Council had made an application for grant funding from DEFRA to purchase the equipment and, if successful, would make it available for hire to other Local Authorities. Their grant application would be decided later this year. If the Plymouth bid did not succeed the potential for joint action by Plymouth and Exeter would be examined.

Purchase of GPS watches would also be required and would be more cost effective than hire, at around £150 per watch.

The importance of identifying suitable walking and cycling routes with minimal traffic impact was emphasised.

**RESOLVED** that the progress report be noted.

11 **RUGBY WORLD CUP**

Catherine White presented an overview of the Rugby World Cup background and legacy with Exeter hosting the following three matches at Sandy Park in 2015 during the World Cup between 18 September and 31 October 2015:-

- Tonga v Namibia - Tuesday 29 September 2015 at 5.00pm;
- Namibia v Georgia - Wednesday 7 October 2015 at 8.00pm;
- Italy v Romania - Sunday 11 October 2015 at 2.30pm

The tournament would create inward investment for the City, bring a range of tourism benefits, offer volunteering opportunities and leave a legacy for the City to build on. Some 400,000 tourists would visit the UK and, overall, £4.2 billion would be generated. The City would be vibrant and a Fan Zone created at Norhernhay Gardens.

A Word Cup steering group, chaired by Tony Rowe of Exeter Chiefs, had been established with Catherine chairing the legacy sub-group.

The five key legacy features were:-

- Increasing participation in rugby for all
- More opportunities for women/girls to play rugby
- Increasing involvement in a wide range of sports and physical activities
- Maximising economic benefits
- Promoting stronger and supportive communities

The RWC legacy tied in with the Exeter Health and Wellbeing Board aim of Exeter becoming the being the most active city in the SW by 2018.

In a wider context, the benefits of the tournament would be:-

- Health : preventative, rather than cure;
- Wealth : support businesses and maximise individual and family income;  
and
- Wealth : safe, supportive and resilient communities

As a host City, the City Council had committed £300,000, £250,000 towards organisation and £50,000 for the legacy. Break-even was not anticipated but there would be specific measurables in respect of the legacy as the global impact of Exeter's role as a host venue would benefit the City economically.

The Chair thanked Catherine for her presentation.

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### **COMMUNITY ORGANISERS**

Dawn Rivers reported that three community organisers, all from Exeter, had been working in Wonford over the last 12 months hosted by the Wonford Community and Learning Centre and funded by the Office for Civil Society. They were being trained in community organising skills (a form of community development) and there was a potential continuation of the funding for a second year subject to employment and a proportion of match funding by local employers. The host organisation would be required to match half of the salary costs equivalent to £7,500 - to enable the community organisers role to continue. There was the potential for these roles to support organisations in the City who would welcome a community engagement role to address issues such as health and well-being, social isolation and Keeping Exeter active.

**RESOLVED** that partner bodies who could identify as potential employers contact Dawn Rivers for more information.

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### **WESTBANK**

Martyn Rogers reported on the Neighbourhood Friendly project seeking to recruit 100 volunteers to help the over 75's over the winter with the aim of reducing hospital admissions and speeding up release from hospitals through help at home. This work was part of the Integrated Care work in Exeter.

**DATES OF FUTURE MEETINGS**

**RESOLVED** that the following dates for future meetings be noted:-

Tuesday 3 February 2015

Tuesday 14 April 2015

Tuesday 7 July 2015

Wednesday 2 September 2015

(The meeting commenced at 2.00 pm and closed at 4.15 pm)

Chair