
 <b>Brent</b>  <b>North West London</b>	<b>Brent Health and Wellbeing Board</b> 13 October 2022
	<b>Report from Director of Public Health</b>
<b>Health and Wellbeing Strategy thematic update: Healthy Places</b>	

Wards Affected:	All
Key or Non-Key Decision:	Non Key
Open or Part/Fully Exempt:	Open
No. of Appendices:	None
Background Papers	None
Contact Officer(s): (Name, Title, Contact Details)	Dr Melanie Smith Director of Public Health <a href="mailto:Melanie.Smith@Brent.gov.uk">Melanie.Smith@Brent.gov.uk</a>  Adshayan Saravanamuthu Assistant Analyst <a href="mailto:Adshayan.Saravanamuthu@brent.gov.uk">Adshayan.Saravanamuthu@brent.gov.uk</a>

## 1.0 Purpose of the Report

- 1.1 The purpose of this report is to provide an update to Brent Health and Wellbeing Board (BHWB) on the delivery plan for the Health and Wellbeing Strategy. The Health and Wellbeing Strategy was ratified by BHWB on 16 March 2022, and it was agreed that regular updates would be provided, each update focusing on one of the five themes: Healthy Lives; Healthy Places; Staying Healthy; Understanding, Listening, and improving; and Healthy Ways of Working. This report provides an update focusing on the theme: Staying Healthy.

## 2.0 Recommendations

- 2.1 That Brent Health and Wellbeing Board note the contents of this report.

## 3.0 Detail

- 3.1 The Health and Wellbeing Strategy was developed in partnership with our residents and was agreed by the board on 16 March 2022. The strategy has five main themes:
- Healthy Lives
  - Healthy Places
  - Staying Healthy
  - Understanding, Listening and Improving
  - Healthy Ways of Working
- 3.2 Regular updates will be provided to the board, focusing on one theme at a time. The focus for this paper is Healthy Places.
- 3.3 The overall outcome for Healthy Places is: *Near me there are safe, clean places where I, and people I care for, can go to relax, exercise for free, meet with like-minded people, and where we can grow our own food.*
- 3.4 There are seven commitments in the delivery plan under the Healthy Places theme, and an update for each commitment is contained below.

We will ensure accessible, affordable physical activities for all Brent residents

- 3.5 The council has partnered with Our Parks to deliver free physical activity in Brent communities to those less physically active. In 2022 to date, 288 Brent funded sessions were delivered, with 4059 attendances. Four hundred and seventy eight Brent Parkers took part. Ninety four percent (94%) were female, 63% came from an ethnically diverse background and 7% were classified as having a disability. Before signing up, 75% did fewer than 30 minutes of exercise. Five percent (5%) classified with having a mental health condition. In 2022,
- 3.6 Physical activity classes at Silver Jubilee Park and Ashford Place have been started with the goal of improving people's mental health and wellbeing. Since April of this year, 138 clients have been attending weekly sessions (Yoga, Ladies fitness, Stretch, Chair aerobics, Dance) with a roughly 50:50 split between males and females (Female 68; Male 70).
- 3.7 The volunteer led walks programme in the parks is particularly popular with Older Residents. Feedback from walkers includes "*They are retired and want to have good health, connecting with others and the social aspects of it all*" and "*Walkers are happier when they come out for a walk, fresh air combined with exercise gets the blood flowing and its healthy*".

We will increase usable green spaces in Brent

- 3.8 Public Health and the Parks Service worked in partnership with the community to put in two planters in One Tree Hill for the local community to use, with WACARA being the lead community organisation. The planters were installed

in March 2022 and about 15 residents have been busy growing tomatoes and sunflowers. Further community growing projects are planned in response to residents' identifying the benefits to them of participation in communal green activities.

### We will improve access for people with a disability to places, parks and events

- 3.9 The Environmental Improvement team have visited four Brent Playgrounds with parents and carers to understand their needs in more detail. A new playground for Roundwood Park is about to be finalised with more inclusive designs and options. A bid has been submitted to add a specific swing that is accessible for wheelchair users in King Edward VII, Wembley. The team is currently awaiting the results.

### We will ensure access to creative experiences for children and young people

- 3.10 The Young Peoples' Advisory Board has been meeting regularly. The group has helped to develop a number of projects for the Brent Cultural Educational Partnership (BCEP) including logo design and branding and developing a project with Chalkhill Radio for young people, including Brent Youth Parliament, to talk about issues that are important to them. A BCEP newsletter is being disseminated to schools and partners organisations.

### We will expand the use of our Family Wellbeing Centres

- 3.11 The pilot for CAMHS under five in Family Wellbeing Centres has commenced in the Willow Centre. The aims of the service are to provide a de-stigmatising, culturally sensitive child mental health perspective through training/consultation and partnership working, develop a high profile of Under 5's mental health across existing services, and offer specialist assessment and evidence-based treatment when indicated.

The model adopts an early intervention approach and offers diagnosis and intervention for a range of emotional/mental health needs in young children:

- SEND
- Domestic Abuse
- Parental Mental Health
- Perinatal Mental Health
- Early Intervention for significant attachment/relationship difficulties.

Working in Family Wellbeing Centres aligns with the CAMHS model for several reasons:

- Joint specialist assessment to offer Under 5's mental health perspective
- Specialist observation in children centres & nurseries

- Specialist state of mind assessment of child to inform network Clinical assessment.

There have been 17 referrals for the CAMHS under five offer with 16 consultations from professionals. The CAMHS team worked with 14 families directly.

- 3.12 The Council is working in Partnership to expand the service offer to young people registered with FWCs. This now includes 1:1 therapy to young people registered to FWCs and creative arts therapy delivered both in group settings and in 1:1 for young people aged 10 or above. In addition, over 12 different activities are provided to young people by VCS organisations including arts, video, cartoon, script writing, drama, girls' only sessions, and drama therapy. These activities link to Youth Strategy themes of "access and awareness", "opportunity" and "places & facilities".

#### We will strengthen our community hubs

- 3.13 The hub at the Civic Centre has been successfully established operating from Mon-Fri 10am-2pm alongside Customer Services colleagues and voluntary sector partners.
- 3.14 The number of Hub partners has now grown to over 50 and the team have developed strong links with Brent Health Matters and Family Wellbeing Centres.
- 3.15 Brent Hubs worked with AgeUK and deliver digital cafes in Kilburn, Harlesden and Wembley on a weekly basis for older residents of Brent. The support offer in the cafes included:
- Registering and using the Council Portal
  - Using the Housing Portal
  - Completing online forms
  - Using your phone or tablet
  - Booking Medical appointments
  - Setting up email addresses

#### We will build on the results of the Healthy Neighbourhood Trials

- 3.16 The Healthy Streets and Parking team have not been able to progress the Healthy Neighbourhood Trials at present due to lack of TfL funding for cycling and promotional activities but have discussed linking this to the Green Neighbourhood pilot areas. The team are awaiting on funding for cycle training which is important, as the target audience will be residents who are either new to cycling or have not cycled in several years. The potential to link cycle training to social prescribing "cycling on prescription" will be explored

- 3.17 The Health and Wellbeing Board determined that this Health and Wellbeing Strategy should focus not only on health and care services, as previous strategies had done, but should address the social determinants of health. The Healthy Places work stream illustrates this focus and demonstrates the partnership working across different Council teams, the NHS and the local third sector

#### **4.0 Financial Implications**

- 4.1 In terms of the JHWS development, there are resource implications for Brent Council, and NWL CCG, in terms of officer time and engagement work with the public. The latter is unlikely to be significant and can depend on getting support from partners in kind.
- 4.2 It is anticipated that any associated costs will be funded from the existing budgets.

#### **5.0 Legal Implications**

- 5.1 The duty in respect of Joint Health and Wellbeing Strategies (JHWSs) is set out in s116A of the Local Government and Public Involvement in Health Act 2007, as amended. In addition, the Health and Social Care Act 2012 places a duty on local authorities and Clinical Commissioning Groups (CCGs) to develop a Health and Wellbeing Strategy to take account of, and address the, challenges identified in the Joint Strategic Needs Assessment (JSNA). Pursuant to the Care Act 2014, the Council has a duty to ensure a clear framework is developed to meet its wellbeing and prevention obligations under the Care Act.
- 5.2 The Statutory Guidance on Joint Strategic Needs Assessments and Joint Health and Wellbeing Strategies (Statutory Guidance) 2013 states “Health and Wellbeing boards will need to decide for themselves when to update or refresh JSNAs and JHWSs or undertake a fresh process to ensure that they are able to inform local commissioning plans over time. They do not need to be undertaken from scratch every year; however, boards will need to assure themselves that their evidence-based priorities are up to date to inform the local commissioning plans”.
- 5.3 In preparing JHWSs and JSNAs, Health and Wellbeing Boards must have regard to the guidance issued by the Secretary of State, and as such, boards have to be able to justify departing from it.

#### **6.0 Equality Implications**

- 6.1 Health and Wellbeing Boards must also meet the Public Sector Equality Duty under the Equality Act 2010. S149 of the Equality Act 2019 provides that the Health and Wellbeing Board must, in the exercise of its functions, have due regard to the need to:
- a) Eliminate discrimination, harassment and victimisation
  - b) Advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it

- c) Foster good relations between persons who share a relevant protected characteristic and persons who do not share it
- 6.2 The Public Sector Equality Duty covers the following nine protected characteristics: age, disability, marriage and civil partnership, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation.
- 6.3 The Statutory Guidance states *“this is not just about how the community is involved but includes consideration of the experiences and the needs of people with relevant protected equality characteristics (as well as considering other groups identified as vulnerable in JSNAs) and the effects decisions have, or are likely to have on their health and wellbeing”*.

**Report sign off:**

**Dr Melanie Smith**  
Director of Public Health