Health and Wellbeing 4 July 2019

Wards: All

Portfolio: Cabinet Member for Health and Adult Social Care Ed Davie

Report authorised by: Ruth Hutt, Director of Public Health

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Report summary

This report is the quarterly report of the Director of Public Health to the Lambeth Health and Wellbeing Board and the NHS Lambeth Clinical Commissioning Group for April – June 2019.

Finance summary

None arising from this report.

Recommendations

1. The Board is asked to note the report.

Comments and suggestions are welcome. Please contact publichealth@lambeth.gov.uk.
1 CONTEX
1.1 This quarter sees the publication of our Annual Public Health Report 2018 – People, Place and Opportunity – Reducing health inequalities in Lambeth. The report is available online and will be coming to various meetings over the coming month. I am particularly proud of this year’s report as it highlights how seriously all our partners take the issue of inequality and the commitment we share collectively to tackle the root causes. This quarter’s report highlights some of the work that we contribute to across the borough, trying to reduce the unequal outcomes we see for our residents.

1.2 We are also ramping up some of the work on immunisation across Lambeth, in the face of falling vaccination coverage and sporadic outbreaks of measles. Well delivered immunisation programmes have the potential to reduce inequalities in health outcomes, and we have started to see evidence of this in the young adult population who received the HPV vaccine against cervical cancer, as cases of genital warts in this group has fallen against a background of a rising number of other STIs.

2 PROPOSAL AND REASONS
Health Improvement

Tackling Alcohol related harm

2.1 Hospital admissions for alcohol-specific conditions and broad alcohol-related conditions in Lambeth are significantly higher than in England

2.2 Lambeth also has a significantly higher proportion of adults binge drinking on heaviest drinking day

2.3 The multi-agency Reducing Harm from Alcohol Group has agreed a refreshed Action Plan for 2019-20 to co-ordinate a range of action to tackle alcohol related harm. The Action Plan focuses on:

- **Prevention and Early intervention** – providing support to young people in schools and youth settings, delivering identification and brief advice (IBA) and brief interventions in our acute hospitals through the national CQUIN; using digital technology to help residents assess their alcohol consumption and sign post them to support if they have concerns through DrinkCoach; a review of how children’s social workers can better respond to cases involving parental alcohol and drug misuse.
- **Improving alcohol treatment and capacity** – developing an alcohol referral pathway for patients discharged from hospital; investing in alcohol care teams at GSTT and KCH; improved care pathways for dual diagnosis in acute mental health settings; and
improving access to alcohol treatment and related health support for homeless / hostel residents.

- **Tackling alcohol related crime and anti-social behaviour** – through setting appropriate licence conditions and robust enforcement when these are breached as well as trading standards activity to address underage sale of alcohol or supply of illegal alcohol.
- Better use of data – using PHE and other local data as an evidence base to develop responses and evidence impact.

2.4 The Group reports into the Staying Healthy Partnership Board.

For more information go to DrinkCoach: [https://drinkcoach.org.uk/](https://drinkcoach.org.uk/)

### Healthy Weight Training and Capacity Building launch event

2.5 Lambeth Public Health have recently re-commissioned a revised Adult Healthy Weight Pathway in Lambeth based on best practice Public Health England (PHE) and NICE guidance. On 30th April we hosted a launch event for a new Healthy Weight brief intervention and capacity building training programme for primary care staff.

2.6 The training programme has been co-developed with Imperial College London to equip General Practice staff to deliver best evidence brief interventions in relation to unhealthy weight in adults in Lambeth.

2.7 The aim of the service is to provide a robust, comprehensive and evidence-based workforce development and capacity building programme for primary care staff. Specifically, this programme aims to:

- Enhance knowledge by looking at the role of food, nutrition, physical activity and social determinants impacting on healthy weight
- Enhance skills in raising the issue and supporting behaviour change
- Enhance skills in delivering high quality brief intervention using motivational interviewing techniques

2.8 Advice from a health or care professional which acknowledges the environmental challenges to weight loss and reinforces the small and specific steps that individuals can take can support patients' intentions to lose weight. Further, brief, opportunistic interventions delivered in primary care can result in a five-fold increase in the proportion of patients engaging in weight management services. Time limited weight management services can more than double the amount of weight loss when compared to unsupported methods.

### The April launch event

2.9 At the event we heard from key stakeholders endorsing the programme including Lambeth Cabinet Member for Health and Social Care Councillor Ed Davie who spoke about why this is a key priority for Lambeth outlining how this programme fits with the council’s overall approach to healthy weight across the life course.
2.10 Local GPs Dr Raj Mitra and Dr Martin Godfrey gave their perspectives on the role of GPs in motivating people who lead difficult and complex lives.

2.11 Joint Practice Nurse Lead for Lambeth CCG Louise Ashwood highlighted how useful this training will be for Lambeth nurses.

2.12 We also heard from Professor of Primary Care and Head of the Department of Primary Care and Public Health at Imperial College Professor Azeem Majeed who is also a Lambeth GP.

The training

The next session is being held on 19th September and places are now available. For more information contact vcunningham@lambeth.gov.uk

Learning Disability Health Checks

2.13 At the end of March 2018/19, the CCG reported 75% for delivery of Learning Disability (LD) health checks and 72% for care plans. This achievement was noted in the recent Practice Bulletin (12/04) and highlighted that we had beaten last year’s performance by 4%. The Learning Disability taskforce group has refreshed the action plan for 19/20, and will continue to monitor and inform practices of developments toward the national target for LD and work closely with the SEL Transforming Care Programme. The Primary Care LD Equalities target has been revised to be aligned with the national expectation, and the LD taskforce group will continue to support practices to achieve this and share learning in the delivery of autism health checks to other CCGs.

Autism Action Forum

2.14 Since the launch of the Autism Action Forum in October 18, its work in Lambeth has picked up pace, with almost eighty staff participating in “Get Clued Up On Autism” workshops. These workshops are led by Laurie Morgan, whose delivery and lived experience of autism have been praised in attendee feedback. On April 5th 2019, the “Autism Action Forum” held a “Focus On Autism” event at Gracefield Gardens, attended by more than 100 people including Lambeth’s Cabinet Member for Adults Social Care. A further event is planned for Thursday...
2.15 **Working to encourage Lambeth children to eat more vegetables**
Addressing child obesity is a local priority. Lambeth Public Health is taking an evidence based and system wide approach to address the issue and a range of interventions are in place to support schools including a Lambeth Healthy Weight Care Pathway programme, a co-ordinated approach to the implementation of the London Healthy Schools programme and more recently, maximising resources and national opportunities such as the Healthy Pupils Capital Funds (Sugar Levy) to help schools with resources to promote healthy weight through the purchase of cooking equipment, edible gardens, physical activity equipment, water fountains to name a few.

2.16 This year, we joined efforts with the national campaign “**Eat Them to Defeat Them**” and amplified the national Veg Power campaign in the borough. The local amplification was hugely successful and included:

**Working with School children to promote the message of eating more vegetables.**

2.17 The Lambeth Eat Them To Defeat Them campaign specifically targeted Key Stage 2 (KS2) children ages 7-11 years. The campaign included featured television ads, social media and print advertising. A series of cookery classes were provided to children and reached over **2,382 pupils**. The feedback has been extremely positive. A film showing the cooking sessions can be viewed [here](#).

2.18 “**Veg Invasion**” **Community Event.** A community event was also held in Brixton to further engage local families and communities. The event was very well received and a truly collaborative one, with volunteers from across the Council. A range of family activities were provided and children received a mission pack of activities including hunting down vegetables hidden in the market, decorating masks, guessing games and having a go at vegetable preparation skills. There was also free vegetable stew to sample, live chef demonstrations, vouchers for families to spend in the market on vegetables, live samba band and celebration of the winners of the poster and schools competitions. As well as engaging local families in eating vegetables.

2.19 Other activities included, school competitions, activities on social media, poster competition across the borough with communications aimed directly at families, as well as working with Lambeth libraries offering craft sessions for children.

2.20 This programme will be externally evaluated, however Feedback showed that:

- The schools and community events were well-received and locally there is appetite for this to continue
- Based on the positive feedback we are intending to offer the cooking sessions to every primary school in Lambeth
This work has complemented other health and wellbeing work within our schools and enhanced relationships between the council and the schools.

The community event was a really good way of engaging local families and communities. It also enabled the Council to show support for the market by building relationships with market traders, encouraging families into the market.

2.21 The feedback from teachers, pupils, market traders and participants included some very positive remarks.

“Since the campaign started, my children want to eat more vegetables ….after this fantastic event they are going to pester me for even more!”

“Could we make this an annual event? This is one of the best things that’s happened in Brixton – in fact it’s the only family oriented activity that I am aware of and all a very positive message for us all.”

Health in All Policies (HiAP) Staying Healthy workshops.

2.22 Lambeth Council and partners have committed to implementing the Health in all Policies approach both as part of the existing Health and Wellbeing Strategy and as part of the developing Lambeth Together Strategy. The Borough Plan refresh has provided a framework to inform departmental priorities across the council. By considering these priorities with colleagues, there are opportunities to identify areas of focus that have the potential to have the greatest impact in promoting health and wellbeing and reducing health inequalities.

2.23 The Staying Healthy Partnership Board facilitated by the Public Health team are holding a series of stakeholder workshops with colleagues from across the council divisions such as Environment, Planning, Housing, Regeneration, Employment to assist in the embedding of HiAP. Focusing on their priorities, the workshops allow stakeholders from the council, health and voluntary sector to explore areas of opportunity and the particular actions that would be required to maximise health and wellbeing outcomes. Some of these actions will form part of the Health and Wellbeing strategy implementation plan and inform specific work within Lambeth Together.

2.24 The first workshop took place on Tuesday 21st May where the focus was on Transport, Planning and the Environment. The next workshop will take place on 16 July with a focus on ‘Housing’ and another in September on Regeneration and employment.

2.25 If you would like more information please contact Bimpe Oki, Consultant in Public Health: boki@lambeth.gov.uk

Whole systems approach to LGBT inequalities

2.26 Public Health have continued to progress the pilot project, sponsored by Public Health England (PHE), to take a ‘whole systems approach’ to health inequalities for LGBT people in Lambeth. The action plan is focused on the following areas:

- Primary care with a specific focus on Trans people’s health needs
- Trans awareness
- Children and young people
2.27 The Lambeth LGBT Advisory Group which is made up of council and local LGBT partner representatives to oversee and coordinate the delivery of the action plan met on 28th May to update on progress. The key areas of work progressed during Q1 2019/20 are:

- The Pride in Practice programme delivered by the LGBT Foundation and funded by the Government Equalities Office has launched across Lambeth, Lewisham and Southwark. The LGBT Foundation have successfully hired two account managers who have begun running the Pride in Practice programme in Lambeth. Initial comms have been sent out to all Lambeth practices via the CCG bulletin. Work is continuing with account managers Jacob and Gretel contacting GP practices directly and attending locality meetings in July and August to actively get practices signed up to train and gain accreditation.
- The second of 4 training sessions focusing on Trans awareness for frontline staff in Lambeth was delivered on 24th June. These sessions were jointly commissioned by the council and HERO a local LGBT organisation. The final 2 sessions are scheduled for August and November.
- The final draft of the council’s equality monitoring policy has been completed and is ready to be signed off.
- The LGBT rainbow flag is once again being flown above the council to celebrate Pride month.
- The recruitment of the Black Thrive staff teams is complete with the final set of interviews having taken place during the week beginning 20 May 2019. Black Thrive are now conducting volunteer recruitment in June /July with all staff and newly recruited volunteers to be trained in August. The training will focus on creating equity and advocating equitably for Black and LGBT+ groups and raising awareness of the community’s key concerns and issues.

Suicide prevention planning

2.28 A workshop for voluntary and statutory stakeholders to help inform Lambeth’s suicide prevention action plan 2019/20 was held on 21st March 2019 at Lambeth Town Hall. The event was organised by a sub-group of the new suicide prevention partnership co-ordinated by Public Health. The workshop was attended by around 70 people including representatives from local and pan-London specialist services.

2.29 A number of speakers took part including the then Mayor of Lambeth Christopher Wellbelove; Ruth Hutt, Director of Public Health; actors from young theatre company Just Add Milk; Simon Howes mental health consultant; Julia Harris, Lambeth council’s Welfare Rights service; Simon Darnley, South London and the Maudsley NHS Trust, Bill Tidnam, Chief Executive Thamesreach. Aarti Kumari, Papyrus, gave brief introductory training on suicide awareness for delegates.
2.30 Six action planning discussions took place on the following themes: crisis pathways including dual diagnosis, people at risk (ie. vulnerable through economic circumstances and Black and minority ethnic groups), children and young people including self-harm, bereavement by suicide, suicide prevention training, mental health promotion.

2.31 The final action plan will be confirmed in July 2019. The first of nine half-day suicide awareness workshops for target groups in Lambeth was piloted at the council on 17 May 2019. Further activity to mark World suicide prevention day is planned for 10 September.

**Workplace wellbeing**

2.32 In line with the Healthy Workplace charter, Lambeth joined the national Time to change employer pledge in 2019 and signed up to a one year action plan. Time to Change is England’s biggest mental health anti-discrimination and stigma programme, funded by charities such as Mind, Rethink and the NHS.

2.33 Co-ordinated by Public Health, the council’s 20 strong mental health champion team organised this year’s mental health awareness week themed ‘Mind and Body’. This included a Talk Show, Time to Sing, Time to be Active, Time to act (older men’s mental health drama), Time to Play (games room), Time to Eat Well and Mind and Body – the evidence from Kings Health partners. Together these workshops reached around 250 staff. Senior Sponsor Fiona Connolly and our mental health champions made a video to publicise the week: [Watch our video about mental health awareness week](#). External organisations including Mosaic Clubhouse and Carers 4 Carers offered advice to members of the public in the ground floor customer services area during the week.

The first line manager mental health awareness training for council staff (commissioned from the Mental Health Foundation) took place on the 10th May. The council will train a further 180 managers (including around 50% from the housing directorate) and 100 front line staff in mental health awareness this year. In addition, a total of 30 will be trained in suicide prevention and a further 20 in bereavement support.
Health Services

Commissioning a novel cross-borough reproductive health service in community pharmacy

2.34 The London boroughs of Lambeth, Southwark, and Lewisham (LSL) have significant sexual and reproductive health (SRH) needs. Repeat use of emergency contraception (morning after pill) within 12 months is high in local pharmacies, indicating poor knowledge of and/or access to contraception. Access to contraception – and information about available methods – is important in helping women remain in control of their fertility and future.

2.35 SRH pharmacy provision was disjointed and inconsistent across providers, with poor public health outcomes. In a novel, collaborative approach, Lambeth led on the procurement of a new three-borough SRH pharmacy service centred on reducing unplanned pregnancy and repeat use of emergency contraception by quick-starting women onto oral contraception or fast-tracking into long-acting reversible contraception (LARC), as well as providing a condom distribution service for young people under 25 (both male and female). Each woman accessing the service receives a comprehensive consultation to discuss their preferred contraceptive method. Close working with pharmacies has taken place to ensure they have been appropriately trained and supported to deliver this new service.

If you would like to find out more please contact Rory Gray (RGray@lambeth.gov.uk).

Tier 3 substance misuse service launches as part of DASH Young People

2.36 The DASH young people’s drugs, alcohol and sexual health service has, since May, added tier 3 substance misuse support to its services for young people. Until this point, DASH has been supporting young people at risk of substance misuse issues to a tier two level only – the recruitment of two new members of staff has allowed them to extend their services to give more structured and intensive support to those young people who need it. The service will be able to take referrals from all agencies and education establishments.

2.37 DASH sexual health and wellbeing support workers run regular pop-up clinics in a range of community venues across the borough where young people can seek advice and information, support, testing, treatment or contraception. The current timetable shows where to access these services. The service is for anyone living or going to school/college in Lambeth. Young people can access the service directly by attending one of the clinic sessions, alternatively, professionals may refer directly into the service. For further details or a referral form visit www.brook.org.uk/dash
CliniQ

2.38 King’s College Hospital in Camberwell launched the first sexual health service in south London for trans people in April 2019, in partnership with cliniQ and funded by the London Boroughs of Lambeth, Southwark and Lewisham and the Health Innovation Network (South London).

2.39 The walk-in clinic, run every Tuesday from 4pm to 7pm at the Caldecot Centre at King’s College Hospital. The new service offers a range of health and wellbeing initiatives to meet the needs of trans people, including STI testing and treatment; contraception; counselling; cervical screening; hormone testing, hormone injection and advice; sexual assault support; hate crime support; housing advice; and the PrEP Impact Trial. The team will provide care and support at the clinic and will work with other relevant services such as primary care, mental health services and social services. In addition to clinical and support services, King’s will be developing and delivering a range of training materials for healthcare professionals to raise awareness, knowledge and skills in relation to trans health.

For more information about CliniQ go to https://cliniq.org.uk/

Health Protection

New LHPP 2019-22

2.40 Following the decision to extend the London HIV Prevention Programme for 2019-22 (across 32 local authorities), interim contract extensions are now in place to ensure that the LHPP continues to operate business as usual for 2019/20 while the larger re-commissioning plan takes place over this period.

2.41 To ensure that all new service specifications and contracts are in place for April 2020 onwards, planned procurement is now underway for the remaining externally commissioned programme work streams, namely:-

- The men who have sex with men (MSM) Sexual Health promotion service (condom distribution, testing and outreach Service).
- The Creative Media contract
- The Media Planning contract

2.42 To support the commissioning/re-procurement activity highlighted above, a borough-engagement event took place in March 2019 to ensure colleagues were involved in the future scope of services. A few key headlines identified at the event were:

- A desire for the programme to retain the free condom scheme.
• A desire for Sexual Health promotion outreach element to include awareness raising on STIs.
• A desire for the outreach element to target none venue users and sex workers on-line.
• A desire for the programme to facilitate effective signposting to local services via the Do It London website.

2.43 As part of the retendering process a survey for the MSM Sexual Health promotion service has been sent out to both venue owners and clients to gain their insight on the current service and will inform the new specification for the service.

2.44 A market engagement event is planned for the 24th July to notify the providers of our intention to tender and again to secure further insight from the wider market of how the MSM Sexual Health promotion service could be run more creatively, promoting better outcomes for the target audience.

2.45 If you are a provider or know a provider who would like to attend the market event, please contact Adrian Johnson on apjohnson@lambeth.gov.uk

A public health approach to tackling serious youth violence

2.46 A workshop for voluntary and community organisations to help inform the development of the Lambeth strategy to prevent serious youth violence was held on Wednesday 15th May 2019. The event which was organised and delivered by Black Thrive, Lambeth Made and the Young Lambeth Cooperative aimed to support Lambeth Council with the initial engagement of communities and the voluntary sector in developing the strategy.

2.47 Lambeth is taking a public health approach to tackling serious youth violence, so an important part of the workshop was sharing with the many attendees what is meant by a ‘public health approach’ and how this can help address the challenge of youth violence.

2.48 The event was extremely well-attended, with over 80 people representatives from the voluntary sector, statutory organisations and a small proportion of individuals. Voluntary sector organisations included those offering services such as holiday clubs, support with employability, mentoring, arts-based projects, sports, and therapy.

2.49 A short video has been produced to capture the highlights from the session.

Air Quality

2.50 As part of events to mark the ‘Clean Air Week’, there will be an interactive theatre production performed by Dead Earnest Theatre about air quality at the Town Hall and West Norwood Library on June 21 and 22. Sessions are planned for Council Staff and the wider public.

2.51 The aim of the event is to contribute to a collective awareness and actions to prevent and reduce the health risks associated with air pollution by creating an environment for collective
learning between the community / public, statutory authorities and scientists. People will be challenged on collective action to contribute towards achieving cleaner air.

**Adverse Weather (Heatwaves)**

2.52 The summer of 2018 saw 4 heatwaves in England with 863 excess deaths recorded over that period.

2.53 Public Health is contributing to the review of the feasibility of the recommendations to mitigate the health impacts of heatwave. This includes the development of a checklist to assist social care providers in assessing the workability of recommendations to protect their client from extreme heat.

2.54 There are plans to also visit residential care facilities to discuss any identified constraints.

**Promoting Safe Injecting and Protecting from Bacterial Infections**

2.55 Public health has been working with PHE and LSHTM to reduce bacterial infections in people who inject drugs (PWID). Partners presented their work at the National PHE conference on infections in people who inject drugs. The working group was able to share the findings with Lambeth commissioners for substance misuse services and hostels. A leaflet for PWID, and a training pack for hostel workers are now available for use.

2.56 Further joint work will inform re-commissioning of substance misuse services, especially the content of the needle exchange pack.

**Immunisation – Developing a Lambeth action plan**

2.57 Following outbreaks earlier in 2018, there are ongoing large outbreaks of measles in some European countries and London has recorded an increase in cases of measles between February 1 and May 15 2019. Lambeth has recorded the highest number of confirmed cases in south London so far. This coupled with falling vaccination uptake puts our residents at risk of infectious diseases which are totally preventable.

2.58 Overall, Lambeth Public Health has made progress in identifying the key issues within the systems and processes of vaccination programmes locally, with a view to resolving them. There is agreement among the key stakeholders in the Borough that there are actions that could be taken to help increase immunisation coverage, including uptake of the MMR vaccine.

2.59 Through a strategic Lambeth-wide partnership, an action plan with 2 key areas of focus for the next year (2019/2020) has been developed to generate improvements in uptake rates across the borough to be overseen by a Task and Finish group which will be coordinated by Lambeth Public Health.

**Health Intelligence**

**Childhood Obesity Lambeth**

2.60 Lambeth Public Health intelligence team have published a childhood obesity factsheet. Childhood obesity is regarded by the World Health Organisation as 'one of the most serious global public health challenges of the 21st century, affecting every country in the world.'
2.61 There are multiple, complex causes of excess weight in children. Childhood obesity is associated with a higher chance of obesity, premature death and disability in adulthood. Obese children can experience breathing difficulties, increased risk of fractures, hypertension, early markers of cardiovascular disease, insulin resistance and psychological effects.

**Key headlines**

Over 1 in 10 reception children were obese (approximately 302 children)

Almost 1 in 4 Year 6 children were obese (692 children)

**Compared to the national picture**

2.62 The prevalence of excess weight in reception children is similar to England. For year 6 prevalence, both excess weight, obesity and overweight BMI groups in Lambeth are higher than that of England, where Overweight and Excess weight are significantly higher than England.

2.63 The trend over time shows that in reception, the rate of obesity has decreased (although still high), whereas in year 6 it appears to be stable.

3. **FINANCE**

3.1 None arising from this report.

4. **LEGAL AND DEMOCRACY**

4.1 There are no legal implications.

5. **CONSULTATION AND CO-PRODUCTION**

5.1 Not applicable.
6. **RISK MANAGEMENT**
   6.1 Not applicable.

7. **EQUALITIES IMPACT ASSESSMENT**
   7.1 Not applicable.

8. **COMMUNITY SAFETY**
   8.1 Not applicable.

9. **ORGANISATIONAL IMPLICATIONS**
    Environmental
    9.1 None.
    
    Staffing and accommodation
    9.2 None.
    
    Procurement
    9.3 None.
    
    Health
    9.4 None.

10. **TIMETABLE FOR IMPLEMENTATION**
    10.1 Not applicable.
### AUDIT TRAIL

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### REPORT HISTORY

| Original discussion with Cabinet Member |  |
|----------------------------------------|  |
| Report deadline                        | 21.06.19 |
| Date final report sent                 | 27.06.19 |
| Part II Exempt from Disclosure/confidential accompanying report? | No |
| Key decision report                    | No |
| Date first appeared on forward plan    | N/A |
| Key decision reasons                   | Not applicable |
| Background information                  |  |
| Appendices                              |  |