Public Health in
Lambeth and Southwark

Director of Public Health Report
January – March 2015
Introduction

This is the quarterly report of the Director of Public Health for Lambeth and Southwark for the last quarter of 2014-2015. The report is for the London boroughs of Lambeth and Southwark, and Lambeth and Southwark Clinical Commissioning Groups, as well as for all Health and Wellbeing Boards partners.

The aim of the quarterly reports is to update partners on some of the activities of the Lambeth and Southwark specialist public health team and work being done in partnership, and to provide information about public health issues relevant to Lambeth and Southwark, including alerting people to areas of concern or risk.

This quarter summaries are from the some of the health improvement team work streams including: Children and Young People (Personal, Social and Health Education (PSHE) and health and well being in Schools, and a childhood neglect needs assessment in Southwark); Mental Health and Mental Wellbeing; the development of a CQUIN; the National Diabetes Programme; Lambeth Food Flagship; Southwark Healthy Weight Care Pathway; tobacco and physical activity.

Comments and ideas for future topics are welcome. Please contact PHadmin@southwark.gov.uk

1. Children and Young People’s Update

Children and Young People’s Health Partnership (CYPHP) formerly the Evelina Child Health Programme.

CYPHP is a Guy’s and St Thomas’s (GSTT) Charity funded partnership programme involving both Lambeth and Southwark councils and Clinical Commissioning Groups (CCGs), the three Foundation Trusts of Kings, GSTT and South London and Maudsley (SLaM), and the voluntary sector. The aim is to substantially improve health and wellbeing outcomes for children and young people in Lambeth and Southwark through service transformation. The workstreams are:

- Strengthening primary care
- Developing holistic care pathways for long term conditions (asthma and epilepsy)
- Providing holistic care for young people
- An ‘Academy’ of training and development to support the above

Public Health is working with CYPHP in all the workstreams, in particular focusing on the provision of holistic care for young people.

Public Health has led a Health Needs Assessment of Young People in Lambeth and Southwark which has informed a further bid to the GSTT Charity which includes £900,000 for three years to develop integrated, holistic health services for young people aged 10-24years. Priority recommendations from the Needs Assessment include:

- Importance of co-production with young people to inform the work
- Consider development of a young people’s health and wellbeing pathway, to incorporate greater assessment of health and wellbeing issues by the wider YP workforce
- Workforce training in adolescent health, including mental health and health promotion
- Strengthen mainstream services (e.g. GP practices) for young people, making them more youth-friendly
Consider establishment of a holistic, youth-friendly health and wellbeing ‘hub’ in Southwark, with support from and development of the Well Centre in Lambeth, to allow better coordination of services, especially for the most vulnerable young people.

The work is also informed by the recent publication by Public Health England: ‘Improving young people’s health and wellbeing: A framework for Public Health’ which endorses the above approach, puts young people at the centre of service design and delivery and highlights the evidence for an integrated and holistic service for young people.

CYPHP is working with local young people and providers in the development of an integrated young people’s health model and a young people’s health pathway. A workshop for young people and providers is planned for the 19th March to take this work forward.

**PSHE and Health and well being in Schools**

**Southwark**

Southwark Education and the Public Health team have been working together to support schools develop and deliver a high quality Personal, Social and Health Education (PSHE) programme and to ensure all schools know about and are supported to register and achieve the Healthy Schools London (HSL Award). In early 2014 Public Health funding was identified to support this work and a PSHE and Health and Wellbeing Steering Group was formed which includes head teachers and commissioners. The Group agreed two priorities: supporting schools with HSL and recruiting a PSHE Co-ordinator.

To initiate this work in Southwark consultants were brought in to support schools with registration and work towards accreditation of HSL. To date in Southwark 61 schools are registered with HSL, 26 are actively working towards Bronze level, 2 have already achieved Bronze, one has achieved silver and another is working towards sliver.

Schools PSHE co-ordinator network meetings have also been organised to work with these schools staff to identify what support they need. Two network meetings were run last term and more are organised for this term. Primary schools staff requested support on running Sex and Relationship Education and a day’s training was offered in February with 26 schools attending.

Southwark has now employed a fulltime PSHE Co-ordinator to work with schools on PSHE and support schools achieve HSL accreditation.

**Lambeth**

The development of the health programmes in schools is overseen by the Lambeth Schools Health and Wellbeing Partnership (a partnership of public health, children’s and sexual health commissioning and school improvement). Since 2011 Lambeth has retained a local Healthy Schools programme and now promotes and supports schools in achieving the Healthy Schools London Awards.

As of March 2015 fifty Lambeth schools are registered with HSL. Nine schools have achieved a bronze award and 2 schools have achieved a silver award.

The Schools Health and Wellbeing Partnership continue to commission an integrated Health and Wellbeing Programme which is offered to all secondary and primary schools. This is an early intervention programme which includes education on sex and relationships, substance misuse,
emotional wellbeing, personal safety and weight management (the latter in primary schools only). The aims of the programme are to: equip young people with the knowledge and skills to make informed, healthy and safe choices, and reduce risk-taking behaviour; and, to build the capacity of teachers and the wider workforce to support young people in dealing with these health issues.

All secondary schools are engaging with aspects of this programme. Two thirds of primary schools are also engaging with the programme however there is not the capacity to support all primary schools at the same time.

In addition an accredited CPD Programme is being run for teachers to equip them with skills to deliver effective PSHE. The Partnership also supports the Food Flagship activity happening in Lambeth schools.

**Childhood neglect needs assessment in Southwark**

Public Health is leading a needs assessment on childhood neglect on behalf of the Southwark Children’s Safeguarding Board (SSCB). The scope includes reviewing evidence from literature and best practice, analysing relevant service data, and engaging stakeholders.

The literature review is complete and being summarised. Most of the requested services data have been received and analysed, although some missing data may not be received in time to be included in the final report. The stakeholder interviews are almost complete with over 30 interviewed from a various backgrounds including health, social care, education and the voluntary sector. An equity profile will be included.

The findings will be compiled along with recommendations for the SSCB. A draft report is expected to be presented to the steering group by the end of March.

**2. Public Mental Health/Mental Wellbeing**

The mental health and wellbeing of the population is one of the new public health responsibilities of local government following the Health & Social Care Act (2012). The bringing together of the Lambeth and Southwark Public Health teams has provided an excellent opportunity to combine the best of the wellbeing work across the two boroughs and for services and communities to learn from the different approaches. The aim of the mental wellbeing programme in Lambeth and Southwark is to

- Support and enable leadership for mental wellbeing across public, private and voluntary sector including how to maximise the impact on the mental wellbeing the population through the development of key strategies and policies. Examples of this including working with leads for children and young people to help shape the health and wellbeing work in schools and leadership on the health and wellbeing impact assessment of the Nine Elms Vauxhall development. A central aspect of this work is keeping up to date with the evidence on mental wellbeing and enabling others to access it and use this evidence. The Public Health team continues to run the Wellbeing Network and publish a monthly wellbeing blog/ newsletter [https://lambethwellbeing.wordpress.com/2015/03/](https://lambethwellbeing.wordpress.com/2015/03/)

- Promote and enable communities and individuals to look after their own wellbeing and to tackle stigma related to mental health; this includes community development activities, small grants, and commissioning of training and other community activities.
Enabling communities to look after their own and others’ mental health

The South London & Maudsley (SLaM) mental health promotion team presented at Lambeth Primary Care Protected Learning Time in January 2015

A new Spirituality and Faith course started in January 2015. This is an action learning course run by SLaM to build capacity in all faith communities to enable them to identify and fulfil capacity to promote wellbeing and to effectively support people with mental health problems.

Juney Muhammed (SLaM) and Lucy Smith were keynote speakers at Faith Together in Lambeth’s event at the Lambeth Town Hall in November 2014. The event helped to galvanise interest for faith communities to support this work.

Lucy Smith, Juney Muhammed with Alan Gadd (FtIL), Sarah Coyte (Active Citizens), Cllr Marcia Cameron and Canon George Ansah at the Faiths Together in Lambeth event.

A Spirituality and Faith event was held in the Karibu Centre in Brixton in March 2015 to discuss stigma and mental health. This work contributes to and follows up on recommendations from investigations into the mental health and wellbeing of black communities in Lambeth and Southwark especially supporting people to seek early help.

A member of the TOPAZ preventive social work team has been trained to deliver Mental Health First Aid (MHFA) training and is being mentored by SLaM staff (a MHFA training requirement). This is to increase the MHFA training capacity so that more people in the voluntary and community sector can be trained in 2015-16.

Kings Health Partners has separately provided additional funding to the SLaM mental health promotion team to offer wellbeing interventions in the workplace across KHP.

Mental wellbeing impact assessment screening of Lambeth libraries will take place at the end of the March 2015 with the aim of improving opportunities for libraries to promote wellbeing. Mental health awareness training will also be delivered to staff.
What Works Centre for Wellbeing

Lucy Smith from the Public Health team was invited to sit on the panel for the new national What Works Centre for Wellbeing which is deciding how to allocate £4m worth of funding to academic consortia who will review the evidence for what promotes wellbeing at work, in communities and the links between wellbeing and culture. The work will begin in June 2015. See http://whatworkswellbeing.org/ The Lambeth and Southwark Wellbeing Programme is featured as a case study on their website http://whatworkswellbeing.org/pioneers/wellbeing-in-lambeth-and-southwark/

Brixton Reel evaluation

The Brixton Reel film festival in Lambeth and Southwark has now run for 5 years and aims to use film as a medium to help de-stigmatise ‘mental health’ targeted at African Caribbean, Spanish and Portuguese speaking communities in Lambeth and Southwark. Five film events were held at BFI, Ritzy Cinema, Roxy Cinema, Mar Azul Portuguese restaurant and Mosaic Clubhouse in October 2014. See www.brixtonreel.co.uk

721 people attended the festival. A third of those who filled in an evaluation form were black British/Caribbean/African background, 8% were dual heritage and 9% were Latin American. 78% said the events had increased their understanding of mental health and wellbeing. 58% found out information at the events about services that could help them, their family or friends.

‘I have been coming to the Brixton Reel festival from day one each year. Just have the festival make a feel good [sic] about yourself and to understand more, more about and your own wellbeing and how to help yourself and others and not to be ashamed or scared there is help’.

Lambeth and Southwark Arts and health group

This group is led by the cultural teams from Lambeth and Southwark councils and public health. Actions agreed include promoting Creativity and Wellbeing week starting 8 June 2015, producing an evidence briefing on the links between arts/culture and health & wellbeing, holding a symposium and supporting Southwark’s Dementia Action Alliance workstream on arts. Members of the group are also
supporting a GST Charity workshop for their beneficiaries working on arts and creativity on improving evaluation.

The Public Health team are also working with Lambeth council to carry out an integrated impact assessment on the ‘Cultural Services by 2020’ proposals to identify opportunities to maximise wellbeing and mitigate negative impacts to health and wellbeing.

3. Mental health of adults and older people in Lambeth and Southwark

Lambeth

The Living Well Collaborative: With assistance from Public Health the bid to GSTT Charity to extend the ‘Living Well Hub’ to the south of Lambeth was successful. The Hub is intended to be the ‘new front door’ to mental health and other services for people with enduring mental health and complex life problems in Lambeth, receiving patients from GPs and from SLaM (as part of transfer to the care of the GP). The aim is also to move towards client self introduction. Public Health is now working with Hub managers and academic colleagues to design the evaluation and monitoring as part of a wider remit to put evaluation of the Collaborative on a stronger footing. The aim is to establish an evaluation partnership with researchers, commissioners, practitioners, voluntary sector, and experts by experience to prioritise evaluation questions, identify resources and to steer evaluation so that the extent to which the Collaborative achieves and sustains its ambition to deliver its Three Big Outcomes can be assessed.

Equality Impact Assessment of the Integrated Personal Support Alliance (IPSA): Public health provided support to mental health commissioners to prepare and present the overview of equality impact of the IPSA to the Council’s EqIA Panel in February 2015. This resulted in a number of follow up questions. Public health will continue to work with IPSA colleagues on how best to address the issues raised.

The Black Mental Wellbeing Commission: Public Health prepared an initial paper for both Lambeth and Southwark investigations into the mental health of black populations in August 2014. This was presented to the Black Mental Health Commission in Lambeth and Southwark Health and Social Care Scrutiny Committee. Public Health also provided support to what became the Black Wellbeing Commission in Lambeth at their stakeholder events and collating an initial response to the 40 recommendations which were reviewed at the Staying Healthy Board. Public Health will contribute to the paper being prepared for the Health and Wellbeing Board in April and support others to implement recommendations including by helping with the evidence base and how to monitor progress.

Older adults: A Lambeth and Southwark Mental Health of Older Adults is in final draft form covering both dementia and other mental health conditions including wellbeing in older life.

Southwark

Mental health strategy: Southwark Council and CCG have committed to developing a joint mental health strategy that takes a life course approach in line with the national policy ‘No Health Without Mental Health’. A substantial mental health needs assessment for children and young people has been completed and this along with the mental wellbeing factsheet and an initial wellbeing briefing in the first iteration of the strategy has provided the basis for preventive and early intervention. A
mental health of older adults’ needs assessment is in final draft form and likewise offers a background for decision making. Input has also been provided to support procurement of new talking therapies services in Southwark.

**Mental health in black populations in Southwark**: this investigation requested by the Scrutiny Committee led to recommendations that are being taken forward by a specially convened and Council led task group. Public health is supporting the group which has focused initially on taking further soundings from more marginalised communities.

**Parity of Esteem Programme Board**: this is a relatively new programme board in Southwark CCG chaired by the clinical lead for mental health and formed to address the inequalities experienced by people with mental health problems especially in relation to their physical health. Public Health has provided input to the Board in various ways including analysing an extract from EMIS (primary care data) to give an overview of the health of people with severe mental illness in Southwark. A snapshot of some of the findings is set out showing clearly the health inequalities experienced by people with Severe Mental Illness (SMI). This is the first time this type of analysis has been done in Southwark and is based on the experience the public health intelligence team have of similar analysis of Lambeth DataNet. The findings are also similar to the Lambeth picture (which was presented as part of the submission on black mental health) and demonstrate starkly some of the likely reasons for reduced life expectancy in this patient group and the need for specific and focused action to enable people with SMI to live healthier lives.

**Table: Rates of SMI in adults in Southwark, age and sex distribution compared with the overall GP registered adult population, and comparisons of health and health risks**

<table>
<thead>
<tr>
<th>Southwark Locality</th>
<th>Numbers GP registered</th>
<th>Numbers 16+ GP Registered</th>
<th>Numbers with SMI 16+ years</th>
<th>% with SMI 16+ years</th>
<th>Hidden records*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bermondsey &amp; Rotherhithe</td>
<td>81 968</td>
<td>62 424</td>
<td>703</td>
<td>1.1%</td>
<td>15</td>
</tr>
<tr>
<td>Borough &amp; Walworth</td>
<td>70 409</td>
<td>65 721</td>
<td>916</td>
<td>1.4%</td>
<td>8</td>
</tr>
<tr>
<td>Dulwich</td>
<td>72 262</td>
<td>58 026</td>
<td>742</td>
<td>1.3%</td>
<td>58</td>
</tr>
<tr>
<td>Peckham &amp; Camberwell</td>
<td>67 024</td>
<td>53 733</td>
<td>926</td>
<td>1.7%</td>
<td>9</td>
</tr>
<tr>
<td><strong>Total Southwark</strong></td>
<td>292 073</td>
<td>239 904</td>
<td>3 287</td>
<td>1.4%</td>
<td>90</td>
</tr>
</tbody>
</table>

*Numbers and percentage of the adult population in Southwark known to their GP with Severe Mental Illness (SMI)*

*Hidden records incl those where no permission granted to use data*
Adults with SMI and general adult GP registered population by sex

There are proportionately more men than women with SMI in Southwark.

Age distribution of adults with SMI and the general adult GP registered population

The population with SMI in Southwark is on average older than the general GP registered adult population.

Smoking in people with SMI and the general GP registered population

The same proportion are ex-smokers but 41% of people with SMI are still smoking compared with 19% of other adults.
Body Mass Index in adults with SMI and the general GP registered population

Only 29% of people with SMI are recorded as having a healthy weight compared with 36% of the general population (note: data are missing in 20% so general population data may be inaccurate). 61% of people with SMI are overweight or obese.

Prevalence of other long term conditions and SMI in adults

People with SMI are more likely to have one or more other physical health conditions than other adults.

4. People with learning disability in Southwark

Southwark Council wished to take a life course approach to learning disability (LD) and autistic spectrum disorder (ASD). A request for a needs assessment to support this work was made in early 2014. A JSNA on adults with learning disability had been published in Southwark in 2013 [http://www.southwark.gov.uk/info/200519/joint_strategic_needs_assessment/3458/5_in-depth_analysis](http://www.southwark.gov.uk/info/200519/joint_strategic_needs_assessment/3458/5_in-depth_analysis). Additional needs assessment work was undertaken. The main findings were;

- Southwark has a relatively high estimated prevalence of LD and ASD, this is expected to increase along with increases in population and life expectancy including increased life expectancy of people with LD

- Prevention: there is scope for preventing some LD and ASD. Whilst there is a genetic component, preventable risk factors include; drinking alcohol and smoking especially in pregnancy, low birth weight and pre term delivery (more common in young especially teenage mothers and increases risk of LD). LD incidence is also higher in lower socioeconomic groups.

- Access to health and social care: whilst ascertainment of LD and ASD is relatively comprehensive in children this is not the case for adults; barely 10% of the expected numbers
with LD are known either in general practice or to social care and less than 3% of expected numbers with ASD receive social care. This has implications for the health and wellbeing of people with LD and ASD and e.g. for the Care Act as more people may come forward than are currently known when the Act comes into force.

- Health risks: people with LD are much more likely than the general population to take risks with their health as they do not receive appropriate guidance and support to stay healthy. People with LD are also more likely to have other health problems such as epilepsy, mental illness, diabetes, cardiovascular diseases, and dementia and experience low life expectancy even allowing for the life limiting nature of the conditions giving rise to LD, yet services do not accommodate people’s needs adequately. For instance even amongst people with LD known to services and eligible for a NHS Health Check the proportion accessing the service in 2011 was only 41%, amongst the lowest in England. People with LD also miss out on other screening services, dental care etc and maybe frequent attenders at A&E.

- There are other service gaps eg in relation to transition from child to adult services, independent living and support to carers.

- People with LD are less likely to be in employment and more likely to live in socioeconomically deprived situations, be victims of crime and be in the criminal justice system.

- Clearer governance and accountability arrangements are needed to drive and monitor implementation of recommendations.

Next steps include wider stakeholder engagement to test out the findings and possible approaches to solutions which is being led by Southwark Council commissioners.

### 5. The development of a CQUIN on prevention for 2015/15

Smoking, alcohol and physical inactivity are among the top six risk factors that account for the highest disease burden in the UK. A Commissioning for Quality and Innovation (CQUIN) incentive scheme will be developed on the prevention of smoking, alcohol harm, and physical inactivity, with Guy’s & St Thomas’s and King’s College Hospitals in 2015/16. This will benefit Southwark and Lambeth residents as well as patients from other boroughs, and represents 1.25% of the actual annual contract value. The CQUIN will be based on evidence, and build upon previous experience with the CQUIN of 14/15.

The process so far;

- A review of the evidence on brief interventions by public health, including the evidence for increasing physical activity as a component of weight management, as well as being of benefit in reducing all-cause mortality
- A review of the impact of the 2014/15 CQUIN on alcohol and smoking (which was limited in its coverage)
- Wide stakeholder engagement including front line staff, clinical leads and managers of all three Trusts, Lambeth and Southwark CCG clinical leads, public health, and the South London Commissioning Support Unit
- Consideration of quantitative and qualitative measures to demonstrate progress and outcomes
- Consideration of the duration of the CQUIN (2-3 years duration is recommended)

Key elements of the development of the CQUIN are considered to be;

- Equipping staff with the skills and confidence to deliver brief interventions
- The support of senior clinical leaders
• The measurement and feedback on progress to staff
• Taking a whole system approach by joining up this CQUIN with an approach to brief interventions in primary care

Brief interventions are highly cost effective and only take a few minutes to deliver. For example one in eight people receiving a brief intervention on alcohol harm will return to safe alcohol drinking levels. One in 20 people receiving a brief intervention on smoking cessation will quit smoking. Using every contact to enable people to reduce smoking, reduce alcohol harm, or increase physical activity can help increase the impact of these simple public health interventions.

6. Southwark Diabetes Prevention Programme

Southwark is one of seven demonstrator sites in the country\(^1\) to take part in and shape a new national diabetes prevention programme. The initiative is between NHS England, Public Health England and Diabetes UK. The aim is to significantly reduce the numbers of people expected to have Type 2 diabetes (currently estimated to be four million in the UK) by 2025. Trials in China, Finland, the USA, Japan and India show 30-60 per cent reductions in Type 2 diabetes incidence over three years in adults at high risk through intensive lifestyle change programme interventions. If a national programme could replicate this success it could save tens of thousands of lives and millions of pounds for the NHS and would make England the first country in the world to implement an evidence-based diabetes prevention programme at scale.

Southwark Council and NHS Southwark Clinical Commissioning Group were chosen because of their plans to build on the existing ‘Walking Away from Diabetes’ programme. This is an educational scheme that teaches people how to reduce the risk of diabetes through increasing physical activity and other lifestyle changes. It involves a three hour education session, the use of pedometers and monthly drop in sessions, as well as a graduation class.

The local programme will target men and develop links with Southwark residents who do not normally engage in health services including by developing ‘community health champions’. Southwark has a large west African population who are at increased risk of type 2 diabetes and may be less likely to engage in traditional group structured education programmes.

During the demonstrator phase in year 1, Walking Away from Diabetes will see more patients, monitor and test the local programme. They will then help to co-design and implement the national programme.

7. Lambeth Food Flagship Programme

In July 2014, following a competitive bidding process Lambeth was awarded Food Flagship status. Lambeth was the successful inner London borough and Croydon the outer London. The Flagship Programme will contribute to reduction in childhood obesity, improving children’s educational achievement and diabetes prevention.

The food flagship vision is for all Lambeth residents to develop a love of healthy and sustainable food. Everyone will have the knowledge, passion and skills to grow, buy, cook and enjoy food with their family, friends and community.

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\(^1\) The other sites are; Birmingham South and Central Councils, Bradford City CCG, Durham County Council, Herefordshire CCG/LA, Medway CCG/LA Salford CCG/LA.
The three outcomes are:

- A systemic shift towards prevention
- A community led infrastructure that understands and influences the food system
- A vibrant and prosperous food culture that promotes health and wellbeing and contributes to the reduction of childhood obesity, adult diabetes and increase educational attainment.

Progress:

- February - July 2014: a Project Team (commissioning, public health, school improvement team, delivery, schools and community members) prepared the application. This involved organising a presentation and a visit from the Greater London Authority - glowing feedback received! Following this success the project team developed detailed project plans based on evidence and engagement with stakeholders including potential providers.
- The Project Team was also successful in a bid to the Innocent Foundation and the Mayors Fund for £100k over two years to deliver a Healthy Holidays programme. This involves providing free lunches outside term time in youth provision across Lambeth in areas of high deprivation and will support children who receive free schools meals during term time.
- A Community Food Co-ordinator is appointed to work with and support more vulnerable families in a holistic way. They will also help deliver the Healthy Holidays programme.
- A dedicated Flagship team to deliver on projects: the Food Flagship Programme Manager (appointed) and two staff to support community and school projects.
- Next few months: implementation of agreed Flagship projects and engagement of stakeholders to promote and inspire people in Lambeth around the Food Flagship borough values.

8. New Community Shop in Lambeth

The Lambeth Community Shop in West Norwood is the UK’s first full-scale social supermarket. This social enterprise works on a membership basis, delivering a package of personal development support and low cost food to people on income support. Up to 750 members can shop for surplus food at 70 per cent cheaper than usual high street prices. Membership is available for people living in West Norwood and Gypsy Hill, who are in households receiving some form of Government income support and who are committed and motivated to make positive changes in their lives including signing up to a personal development programme. The Community Shop is seeking to work in partnership with local GPs.


Public Health supported the development of a Lambeth Physical and Sports Strategy which is out for consultation. The vision is for ‘All people in Lambeth to be physically active in their daily lives’. To achieve this vision, the aim is that by 2020 Lambeth will be a place where:

- Everyone has the confidence and capability to be physically active
- The built and natural environment contributes to a culture of people being active in their daily lives
- Residents live within a 20 minute walk of an exciting and accessible opportunity to be physically active in their daily lives
- Lambeth Council and partners support a thriving economy of community groups, social enterprises and businesses working together to help people be more active
• Lambeth enhances its reputation as a destination for physical activity and sports.

The deadline for responses on the consultation is Friday 24th of April 2015.

10. Southwark Children Healthy Weight Care Pathway

Childhood obesity is a growing concern locally and nationally. Childhood obesity can cause social, psychological and health problems. In Southwark obesity levels are higher than the average levels in London and England. The main source of local data is the National Childhood Measurement Programme (NCMP).

A new package of interventions has been proposed to help address unhealthy weight in Southwark children and to support Southwark Children’s Healthy Weight referral and Care Pathway for Children 0-4 and 5-12 years. The proposed areas of intervention include:

• Early years community nutrition promotion: the service will promote and establish healthy eating and good weaning practices in Southwark’s Children’s Centres and early years settings
• Baby Friendly Initiative: this programme will promote breastfeeding, working with Children’s Centres in Southwark to help them attain accreditation against UNICEF’s baby friendly initiative’s standards
• A whole school approach to healthy weight: this work will support primary schools to create an environment that supports healthy choices for children to achieve and maintain healthy weight
• Weight Management Services: these services will offer targeted weight management support for children and families
• Specialist obesity practitioner: this role will be responsible for referring overweight and obese children to appropriate services in the care pathway, and following up and monitoring their progress
• Level One Training and Capacity building: this service aims to support all professionals (health and other practitioners) working with children and young families to provide healthy weight advice and to signpost to appropriate weight management services in Southwark.

11. Health Improvement Training

Lambeth and Southwark Public Health has a health improvement training function that works with public, community and commercial organisations in contact with Lambeth and Southwark residents. Support is offered to develop the capacity of staff in these organisations to utilise their day to day role more effectively to promote health and wellbeing. The aim is to empower communities, improve the health of the population, and reduce health inequalities.

High quality health improvement training is soon to become an integral part of Lambeth and Southwark Councils’ workforce development programme. The courses available include ‘Understanding Health Improvement’, ‘Understanding Mental Wellbeing’ and ‘Understanding Behaviour Change (Health and Wellbeing)’, and are expected to be of benefit to diverse professional groups. The courses are quality assured and lead to a qualification accredited by the Royal Society of Public Health (RSPH) and supported by the Department of Health. The courses require no prior knowledge and are equivalent to NVQ level 2 or approximately 16 formal CPD hours.

The public health improvement team is also involved with workforce development with colleagues in various Council departments in Lambeth and Southwark to promote opportunities for staff to gain
health improvement skills, for instance;

• contributing to professional development in Southwark Social Care
• As part of the Joint Home Care/Care Homes workforce Development Planning Group
• contributing to the Southwark Care Standards Universal Training Programme Group set up to address social care and training/recruitment which links in to the new Care Certificate standards being proposed in 2015

The Public Health Team both commissions and co-facilitates Mental Health First Aid (MHFA), a nationally recognised and accredited training programme, especially for community and voluntary organisations across Lambeth and Southwark. MHFA enables participants to confidently “provide help to a person developing a mental health problem or in a mental health crisis”. Youth Mental Health First Aid training is specifically offered by the health improvement team and is aimed at people working in Children and Young People’s services. More recently organisations like Lambeth and Southwark Carers have accessed this training.

12. Illegal Tobacco

Reducing illegal tobacco has the potential to improve the health, wellbeing and safety of all communities. Illegal tobacco is a well-established part of the landscape in the most deprived communities in Lambeth and Southwark as it is in most cities in the UK. The illegal tobacco trade undermines efforts to improve the health of residents because the low cost of the tobacco increases its availability to smokers including under-age children. In particular it entrenches inequalities in disadvantaged communities and lower income groups where smoking rates remain high despite the overall drop in the prevalence of smoking across the population. The trade is lucrative and dangerous as it is controlled by criminal gangs which also deal in drugs, people trafficking and prostitution.

Tackling illegal tobacco is integral to local evidence based strategies to reduce smoking prevalence. For the last two years Lambeth and Southwark have worked as part of an informal South East London Illegal Tobacco Network, with public health and trading standards partners from Lewisham, Greenwich, Bromley and Bexley. Alongside Public Health England, HM Revenues and Customs (HMRC) and the London Fire Brigade work has begun to address illegal tobacco and its associated problems.

The Illegal Tobacco Survey in 2012 interviewed about 1700 smokers across the six south east London boroughs in street surveys to find out about people’s buying behaviour with regard to illegal cigarettes and hand rolled tobacco. The results gave insights into the large numbers of smokers who purchase illegal tobacco, the major role of private homes in the sale of illegal tobacco, and the uneven distribution of the trade across and within boroughs. 56.9% of smokers in Lambeth and 73% of smokers in Southwark were offered illegal tobacco in the year preceding interview. 36.2% of smokers in Lambeth and 56.4% of smokers in Southwark had bought illegal tobacco in the last year. Buying illegal tobacco from somebody’s home and buying from a shop were the most predominant places in Lambeth. Street sellers and someone’s home were the two most significant sources to purchase illegal tobacco in Southwark. The report was circulated to partners and has raised the profile of the issues in south east London.

To reduce the supply of illegal tobacco in Lambeth and Southwark strategic partnerships have been set up between local authorities, health organisations, HMRC and police to share intelligence and enforcement activity. To reduce demand the six SE London boroughs will work collaboratively on a
13. Southwark GPs Get Active at training event on physical activity

Each month GP practice teams across Southwark come together for a training event to top up their knowledge on priority health issues. 100 people attended this month's training event at Millwall Stadium on physical activity organised by the Lambeth and Southwark Public Health team. GPs were heard the latest evidence from speakers including: Dr William Bird (initiator of the national Walking for Health scheme and the first green gym); Dr Zoe Williams (Amazon in the prime time TV show Gladiators, a GP from Walworth as well as a Clinical Associate at the CCG and the Public Health England clinical champion for physical activity), and Dr Edwina Brocklesby (Silverfit CEO, triathlon and iron man contestant, and septuagenarian).

This was a great opportunity for GPs and practice staff to hear about the low cost activities on offer in Southwark including targeted programmes such as exercise referral and wider initiatives such as the Council's free swim and gym offer which starts in May. Dr Bird urged practices to keep patients active whether or not they were losing weight because exercise (even brisk walking) reduces the dangerous and hidden visceral fat around the internal organs. Exercise also acts as a natural anti-inflammatory (much like statins and aspirin) which helps protect against and manage many health conditions including anxiety. Dr Zoe Williams’ take home message for GPs to give patients was “Every 10 mins of activity counts.” However, Silverfit's walking workshop stole the show by giving staff a tour of the Millwall stadium and reminding them how to stay one step ahead of the Grim Reaper (see photo!). Edwina told GP practice staff that “Evidence suggests that people whose natural walking speed is more than 3 miles an hour are more likely to live a longer life.

14. Southwark’s Exercise Referral programme

Public Health took the opportunity to promote a new model developed for physical activity referrals to GPs and practices at the Southwark monthly training event in February. In the last year Public Health have changed the programme to more effectively meet need, and respond to the growing interest in signposting and referring people to physical activity as an effective way to manage many health conditions. There are now three levels of support available in Southwark:

- ‘Kickstart’ offers more flexibility where people can exercise safely on their own or in groups, as well as a range of non-gym based options such as cycling, park activities, and healthy shopping tours
- ‘Active Boost’ is a traditional exercise referral programme giving more specialist supervision in a timetabled programme

‘Cardiactive’ provides group exercise for patients recovering from a cardiac event.

Criteria include CVD risk factors, as well as anxiety and depression, cancer history, and breathlessness and referrals can be made online using the Southwark Refer-all website. However in response to feedback from GPs about time lost changing from one system to another, Public Health have been working with the providers and CCG to trial a new EMIS referral pathway which is now being tested with 4 pilot sites. This will link directly to GP record management system and make referral easier. GPs welcomed this move and also felt the new three tiered model would be much better for patients. See http://www.southwark.gov.uk/info/10096/physical_activity/892/southwarks_exercise_referral_progr amme

15. Southwark CoolWalks

Lambeth & Southwark Public Health lead the CoolWalks partnership project with support from Transport, Libraries, Southwark CCG, and Cooltan Arts. Twelve themed walks have been mapped featuring each of the borough’s libraries. For 2015 there is a programme of 24 Guided walks programmed and open access as well as linked to the Southwark exercise referral scheme. Guidebooks are also available for loan in each library and online available for download www.southwark.gov.uk/coolwalks. CoolWalks aim to:

- encourage more people to walk in Southwark and recognise the health benefits
- bring people together and foster community cohesion through shared experience
- raise awareness of the borough’s cultural and natural assets

The project has taken a co-production approach supporting volunteers to help develop routes for each area, research points of interest, take photographs, create maps, and write copy for the walks. Volunteers have been trained in a variety of skills and have also helped lead the walks. This adds another dimension to work that Public Health and Libraries have been doing together over several years including Books on Prescription and Health Checks outreach sessions.

16. Get Active Southwark - Cycle Loan Scheme

The Public Health team have been working with colleagues in Southwark Council Environment and Leisure Dept. to look at how the Cycling Strategy and promotion of cycling can address health inequalities.

Active travel is an effective way to incorporate physical activity into everyday life but initial costs for cycling can be prohibitive and exclude people from otherwise free or low cost cycling activities. Public Health have been an active partner in developing and securing matched funding from TfL to run the London Cycling Campaign urban cycle loan scheme in Southwark for one year, aiming to provide 600 bike loans to adults in the borough.

The scheme will launch at the end of March 2015 with a special loan session for Council staff before opening to the public (anyone over 16 years who lives, works or studies in Southwark) in April. The loan includes a quality bike for a month, including a helmet, bike lock and high visibility vest for just £10, as well as a discount price to buy it after the month. Referrals can be made from the borough’s physical activity referral scheme and Health Checks scheme to offer a targeted pathway for adults to help lower their risk of ill-health through physical activity. The WHO HEAT tool has been used to
calculate the benefit to cost ratio as 8:1 (using a very conservative estimate of the scheme’s outcomes re conversion to cycling).

17. Step Jockey at Tooley Street

Office workers may be at risk of inactivity, sedentary lifestyles, and associated ill-health. Public Health have been working with Southwark Council’s Workplace Health and Wellbeing group and facilities staff to develop ways to support staff to be more healthy and active at work. In January, StepJockey signs were placed on each floor of the Tooley Street stairwells as prompts to use stairs rather than the lift. Officially classed as a ‘vigorous’ exercise, stair climbing burns more calories than jogging as well as building strength and stamina. In addition to toning the body it also saves carbon and is, for most journeys, considerably quicker than taking the lift. Staff can also keep a record of their stair climbing activity by downloading the free Step Jockey smartphone app to track performance and get a personalised calorie count https://www.stepjockey.com/calorie-counter.

Counters have been in place for a couple of months before signage to monitor stair use, and are now doing so with the signage in place. A next step will be to use internal communications to build on the signage and QR codes that can be tapped to track stair use as part of a staff activity challenge to see what effect that has.