



*In this edition of my Chair's Report, I talk about Breast Screening, Community Pharmacy and the Adult Social Care Survey. I would welcome Board Members to comment on any item covered should they wish to do so.*

*Best wishes,  
Cllr Maureen Worby, Chair of the Health and Wellbeing Board*

## Healthy Workplace Charter

Organisations with a healthy workforce perform better than those that do not. There are clear benefits for workplace wellbeing programmes, as better health and wellbeing in employees will lead to improved business outcomes. Given that a significant proportion of an individual's life is spent at work, the workplace offers the opportunity to influence the behaviour of large numbers of people.

Sickness absence costs an average London firm of 250 employees £250,000 per annum. The cost to the Council is (on average) £3.7 million a year.

Demonstrating that we are serious about the health of our workforce can also improve our recruitment and retention rates as an employer. In addition, as approximately 50% of employees are residents of the Barking and Dagenham, improving the health of our employees also meets our objective of improving the health and wellbeing of the local population.

The London Healthy Workplace Charter acts an organised employer sponsored program that supports employees as they adopt behavioural changes that reduces risk, improves quality of life and enhances personal effectiveness. Further detail about the charter can be found [here](#).

After gaining the London Healthy Workplace Charter at Commitment level, the Council are currently working towards accreditation at the higher levels. Judges of the Charter were particularly pleased with our excellent Corporate Support in particular from senior management, a health, safety and wellbeing committee, wellbeing survey, evolving action plans and good communications and the programme of training and support for managers on absence management.

So far, we have done a lot of work to assess what actions are required to meet the standards at Achievement and Excellence levels. Whilst much of this is now in place for Achievement level, there are gaps in Excellence level which are around mental health and its link with alcohol and substance misuse training for managers and employees as well as healthy eating. Accreditation at Achievement level is being worked towards against verification in May and a plan for meeting the highlighted gaps at Excellence level is being further worked up.

I would like to call on partners at the Health and Wellbeing Board to work towards achieving the Charter as a way of improving the health of the community and our workforce and to send a positive message to other organisations and businesses about living healthy lifestyles.

## Healthy Schools Survey

As we know, Barking & Dagenham faces significant challenges around positive health outcomes for children and young people in the borough. Failure to meet the health needs of children and young people stores up problems for the future, so we need to ensure that we are taking the most effective measures to prevent the development of these habit-forming lifestyle behaviours in children and young people.

A good direct knowledge from the perspective of young people of the peer group, family and societal pressures they face and of the attitudes and engagement they have with various harmful behaviours is essential in formulating an effective prevention strategy. Therefore the Council will be undertaking an in-depth school based survey. This will provide commissioners, schools and other stakeholders with relevant up to date information on which to base a range of preventative interventions.

Once the findings are completed an update will come to the Health and Wellbeing Board.

## Mayesbrook Park Lifestyle Hub

A pilot project is currently taking place in Mayesbrook Park which is looking at developing lifestyle hubs utilising parks and open spaces. It aims to demonstrate that by focusing on a locality approach using community assets, the health of local people can be improved. The pilot hopes to increase customer satisfaction, increase local participation in health-related activities and be financially viable at a time of reduced public expenditure.

The objectives of the pilot are:

- To put in place lifestyle activities in parks in the borough
- To offer a co-ordinated lifestyle service focusing primarily on healthy weight
- To involve the whole community in providing and participating in these activities

The approach currently being taken is to improve access/take up of healthy lifestyle services already based in and around Mayesbrook Park as well as establish new healthy lifestyles services initiatives. It is then anticipated to establish new healthy lifestyles services for residents in the wider locality serving residents in the Mayesbrook ward.

The work of the pilot is being evaluated and more information, as well as recommendations to support future work, available in April.

## Health and Wellbeing Board Meeting Dates

Tuesday 9 May 2017, Wednesday 5 July 2017, Wednesday 6 September 2017, Wednesday 8 November 2017, Tuesday 16 January 2018, Tuesday 13 March 2018, Tuesday 12 June 2018.

All meetings start at 6pm and are held in the conference room of the Barking Learning Centre.

## January Integration Workshop

On 26<sup>th</sup> January, leaders from the Health and Wellbeing Board took part in a workshop on progressing our ambitions for integration. The workshop, facilitated by the LGA, helped assess the capacity and capabilities of our system so that we can further refine and deliver our shared vision for integration. It also provided an opportunity to reflect on the journey so far, what has gone well and what could improve, and to plan next steps. We reflected on our local context to integration, with the majority of the session focusing on identifying and addressing the challenges and opportunities in Barking and Dagenham.

Coming out from the session were 3 key actions which we would like to take forward:

- Refresh the commitment to integration across the partnership, including ensuring partners create the space for strategic and honest conversations about stepping beyond organisational roles into system leadership positions
- Agree three to five priorities to jointly work on, including agreeing the actions each will take, ensuring the priorities are achievable and that there is a governance space to hold each other to account for those actions
- Consider how to develop an integrated programme management function, such as mapping what resources exist across partners and how these might be diverted to support the strategic intent

The next Health and Wellbeing Board meeting in May will provide an opportunity for the whole of the Board to explore these actions and how we will put these into place.

## News from NHS England

### How effective is the NHS Health Check?

Public Health England's Expert Scientific and Clinical Advisory Panel published a report summarising the emerging evidence on the NHS Health Check programme. Evidence summarised in the report is encouraging, showing that undiagnosed high-risk conditions such as cardiovascular disease, type 2 diabetes and chronic kidney disease are being identified by the health check. There is robust evidence that early diagnosis and medical treatment substantially reduces the risk of life changing events such as heart attack, stroke and dementia. The programme is achieving its objective of tackling health inequalities, as people from the most deprived populations are at least as likely to have the check as people in affluent communities.

The report also shows where improvement is needed. Currently only half of all people invited for the NHS Health Check take up the offer and the report highlights that increasing uptake must be a priority to maximise the programme's potential for preventing premature death and disability.