

HEALTH AND WELLBEING BOARD

14 March 2017

Title:	Barking Riverside – London’s Healthy New Town		
Report of the Director of Public Health			
Open Report	For Decision No		
Wards Affected: ALL	Key Decision: No		
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Sponsor: Matthew Cole, Director of Public Health, London Borough of Barking and Dagenham			
Summary: <p>Barking Riverside is one of the largest of several growth areas in the borough and will contribute over a quarter of the growth of homes in the borough. 10,800 homes and about 30,000 people will move into the area by 2030. In a borough of deprivation and poor health outcomes, growth can provide an opportunity, but it is essential that the growth benefits the rest of the borough as outlined in the Growth Commission report “No one left behind”, commissioned by the council.</p> <p>Barking Riverside has unique features such as the 2km river frontage and plentiful green spaces, 800 homes that have won numerous design awards, the opportunities provided by a brownfield site and the Community Interest Company (CIC) established to manage the public assets, ensuring they are community led. Recognising the potential of Barking Riverside for healthy and inclusive growth, the Council, Care City and Barking Riverside Limited applied for Healthy New Town (HNT) status under a new scheme initiated by NHS England; we were successful, and the only demonstrator site of 10 in the country that is in London. The Healthy New Town status brought a small amount of funding for project support and some key activities, access to experts and best practice, and a network of other Healthy New Towns. Above all, it is a convening power for local organisations to focus on making Barking Riverside a healthy and inclusive New Town and to bring health related activities under one umbrella. It provides an important opportunity for the borough to test out approaches and learn from them from other growth areas. We also have a responsibility to share this learning across London and nationally.</p> <p>Our vision for Barking Riverside is:</p> <p><i>“a place which is healthy for all who live and work in and around the area”</i></p> <p>In the first year as Healthy New Town partners – including the NHS (local and national), council, developers, academics and other healthy new town sites – we have worked with the community to deliver activities, embed health in planning frameworks and develop plans and approaches for future years. For example, we had a four-month community engagement activity to find out from local residents what health would “look like” for them,</p>			

and we have undertaken local health promoting activities. We developed 10 Healthy New Town principles (see appendices) based on best practice, and are embedding them in the section 106 and other emerging planning frameworks. These principles have been adopted by other Healthy New Town sites and can be used to promote health in other developments across the borough. The NHS financial envelope and estates planning does not allow for a new health and care facility until there is a larger population within the area. Local GP practices are being expanded and a pharmacy is now on site to support the residents of Barking Riverside. We are working with the NHS to maximise access to, and quality of, the interim facility. Plans for a new facility and an innovative, integrated model of provision in Barking Riverside for 2020 are being embedded in the planning frameworks in a Health and Care Delivery Plan. These models will be developed further, alongside the Barking Havering and Redbridge locality models over the next few years, with Barking Riverside providing a strong opportunity for innovation and integration.

To plan for the future of the development, as well as hearing from the community, we have undertaken data modelling and engaged with researchers. For example, we undertook cutting edge modelling of size and demographics of the population to help estimate future needs, as well as holding a research and innovation summit focused around the 10 Healthy New Town principles. We have submitted a delivery plan to NHS England (NHSE) highlighting our key priority themes and “investable propositions” for the next two years. We are one of the higher performing HNTs and will get additional funding as well as ongoing funding for project management for the next two years. We expect to hear imminently from NHSE regarding funding and the central support they will offer. Our priority themes are: “no one left behind” - a connected community; lifelong health; sense of place; healthy mind and body; and future health and care; we have planned activities for the next two years. The community have told us that access to healthy food and to quality green spaces is important to them. Sustrans have started work on active travel plan – further promoting walking and cycling. We will develop a community programme, including skill development to support local healthy food, and food on a budget. We are commissioning action research with local people as to how to improve the local environment. In keeping with our vision of ensuring “no one is left behind”, Barking Riverside, together with Ebbsfleet HNT, will work with leading academics and practitioners to develop and test a tool for maximising “inclusive growth”. Alongside these activities and others that will be developed over the next years, we will continue to take opportunities to embed healthy and inclusive growth within the planning frameworks. We will work with the community and the Community Interest Company so that the community is at the centre of the development of Barking Riverside. We will work with the community, academics and other Healthy New Towns to evaluate the benefit of what we achieve in Barking Riverside and inform future actions and share our learning locally in the borough, across London, and nationally.

Recommendation(s)

The Health and Wellbeing Board is asked to

- Endorse the vision of Barking Riverside Healthy New Town.
- Recommend that each locality ensures that the 10 Healthy New Towns principles are embedded within the growth areas of their locality.
- Ensure that the learning from Barking Riverside Healthy New Town is considered on a regular basis to inform other developments within Barking

and Dagenham.

Reason(s)

Barking Riverside is the largest of several growth areas in Barking and Dagenham. The status of Barking Riverside as London's Healthy New Town provides opportunities to test out and implement approaches to ensure the growth area maximises opportunities to improve health for all within Barking Riverside and the surrounding area. It is important that the learning from the Healthy New Town benefits other growth areas in the borough and beyond.

1 Introduction

- 1.1 This paper introduces the Health and Wellbeing Board to Barking Riverside's Healthy New Town (HNT). We are sharing our vision, achievements to date, and future plans. Barking Riverside is one of a number of growth areas in the Borough. The Healthy New Town status offers an opportunity, not only for Barking Riverside, but for the surrounding area and for the other growth areas in the borough. It is important that the Health and Wellbeing Board and partners shape the priorities of the Healthy New Town and ensures the learning from Barking Riverside Healthy New Town informs other development within the borough.

2 Barking Riverside – a Healthy New Town

The NHS England Healthy New Town Programme

- 2.1 NHS England's Five Year Forward View set out ambitions to scale up prevention and deliver new models of care. Recognising the importance of a healthy, built environment in supporting behaviour change and connecting communities, and the opportunities provided by new housing developments to develop innovative health and care services, NHS England developed the 3-year Healthy New Towns programme. Key aims of the programme are to shape new towns to promote health, develop new models of care, and spread learning and good practice to other local areas and the national programme.

London's Healthy New Town

- 2.2 Early in 2016, the Council, Care City, Barking Riverside Limited (BRL, the strategic developer) and other partners successfully bid and became one of the 10 Healthy New Town demonstrator sites; the only one in London. This has brought us a small amount of funding, access to experts, a network of best practice, and has acted as a pivotal focus of local organisations and a catalyst for strong partnership working. Verbally, we have been told we are one of the higher performing sites and have achieved a lot so far. In January, we submitted our delivery plan for the next two years to NHS England and are awaiting an imminent decision about which of our propositions will be funded.

3 Barking Riverside in context

- 3.1 Barking and Dagenham is London's growth opportunity. Barking Riverside is one of our largest developments and will deliver over a fifth of the 50,000 (and increasing) homes to be built in Barking and Dagenham: 10,800 homes and about 30,000 people – a population similar to the size of Windsor.
- 3.2 Barking Riverside is unique as a place through its history, size, location and physical infrastructure, and of significant strategic importance to the borough and London. It is one of Europe's largest brownfield sites – a traditional industrial area, with much of the site utilised for major power stations and heavy industry. It is set in Thames ward, one of the most deprived wards in Barking and Dagenham, and south of the A13 where residential developments have been socially and economically isolated from the rest of the borough. The new development provides an important opportunity for this area. It is essential that it grows out in an inclusive way that benefits the existing local community of 800 homes and the surrounding community. The growth stalled due to lack of transport infrastructure, but there is now a new impetus with a recently approved masterplan for the scheme and the extension of the London Overground to the site in 2021. Barking Riverside also has many other assets, such as the plentiful green space, 2 km of Thames riverside frontage, and unique biodiverse natural landscapes. The early part of the development has won numerous design prizes for ecological sustainability; a feature of Barking Riverside Community Interest Company (CIC) that will, in time, mean the community will manage the assets

4 Our vision

- 4.1 The borough as a whole is committed to “No One Left Behind” – the title of the Growth Commission report commissioned by the council to ensure we maximise opportunities from our growth areas. Given the unique context of Barking Riverside, the challenges within the borough and the opportunities that such a development brings our vision for Barking Riverside Healthy New Town is to be:

‘A place which is healthy for all who live and work in and around the area.’

- 4.2 Central to this vision is our ambition that the benefits of the healthy new towns are achieved by all, irrespective of age, ability, gender, ethnic or socio economic background, and whether from new or existing communities. We want Barking Riverside to be a destination for living, work, and recreation, encouraging workers and families to visit the site to participate in the employment and lifestyle opportunities it offers. There needs to be strong connections (social, economic, and physical) between Barking Riverside and the surrounding Thames ward so that the surrounding area benefits from the Barking Riverside development.

5 Our approach

- 5.1 Delivering this vision is challenging: to find ways of doing this requires strong partnership working, involvement of the community, and access to cutting edge research on how to put our vision and principles into practice. We have worked as a team of partners with the following key elements central to our approach:
- *Small and active team:* with some project management resource and one off funding the project group have worked with NHS England, other healthy new

towns, partners, and the community under the guidance of the multi agency steering group (see Appendix for the governance structure).

- *Community at the centre*: active community engagement such as a 4-month engagement programme on Barking Riverside, discussion at the CIC and at tenants' associations.
- *Political leadership* – advocating for Barking Riverside's Healthy New Town.
- *Partnership*: working with a range of partners – Council, Care City, developers, NHS England, CCGs (Barking and Dagenham and Barking and Dagenham, Havering and Redbridge), academics, and others.
- *Evidence based*: best practice and evidence reviews such as the Research and Innovation summit, input from Care City, linking with Healthy New Town network events, and cutting edge modelling of population projections and space requirements for a health and care facility.
- *Embedding health in planning frameworks*: including the Section 106, sub-framework plans, and placemaking strategy .
- *Proactive communications – internal and external*: for example, an article in the BOLD magazine, local press, and presentations at national conferences (see appendices for our approach to communications).
- *A governance model*: that ensured tight co-ordination and strong leadership from the developers, Council, Care City and other key actors (see appendices).

6 Our achievements to date

- 6.1 An important first step as a Healthy New Town has been the development of 10 Healthy New Town Principles (see Appendix), derived from a review of evidence and good practice, and which are now central to Section 106 and will be embedded in other planning frameworks.
- 6.2 These principles have been picked up by other HNT sites and should be a blueprint for other growth areas in the borough. We have placed our community at the centre of the work we do and adopted a community-centred approach from the outset. We commissioned engagement activities to understand community perceptions and identify leaders, and have been engaging actively with the CIC. Health and care space requirements are embedded in the revised Section 106 (S106) for a new facility in 2020 on Barking Riverside, and a Health and Care Delivery Plan is drafted for inclusion in the next sub-framework plan.; these are based on an innovative and integrated model linked to the Barking, Havering and Redbridge locality model, developed in partnership with stakeholders. We have also facilitated engagement with the NHS and developers to strengthen the interim offer for health and care for local residents. Proactive communications is at the heart of what we do: we have pursued an active a communications strategy which has utilised multiple channels to build awareness of the programme and foster relationships with stakeholders, including other HNT sites.
- 6.3 Several undertaken activities inform and support our future approaches to healthy and inclusive development; these include:

- Population projections based on leading-edge practice, with the involvement of the GLA, Public Health England and others. This suggests the population is likely to be particularly young, with families and children (further detail is available).
- A research and innovation summit bringing together researchers and practitioners from across the UK to ensure our work is evidence-based, with integral research and knowledge exchange.
- Development of a logic model with NHS England.

7 Our priority themes

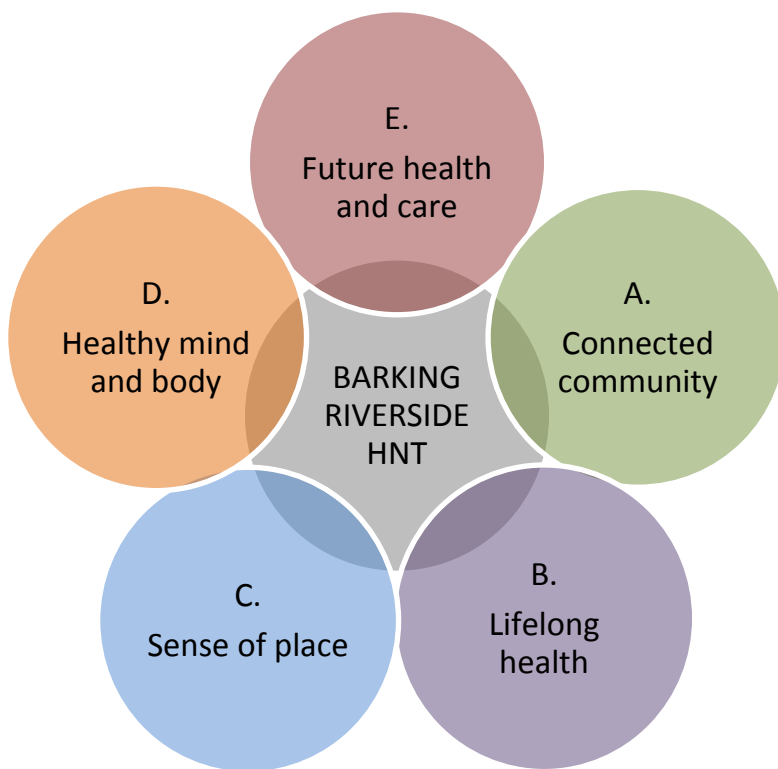


Figure 1. Our priority themes

7.1 We have used our approach above to develop the priority themes outlined in Figure 1 and detailed below:

A. No-one left behind in a ‘connected community’

Connecting the whole community of Barking Riverside and surrounding areas, and the new and existing communities physically, socially and economically, making a positive contribution to physical and mental health. “No one [is] left behind”, irrespective of their economic or social circumstances.

B. Lifelong health

A place which meets and adapts to people’s needs and actively promotes health from the very youngest to the very oldest, as well as between the generations.

This is through the planning, design, and delivery of services and the wider environment.

C. Sense of place

An inspiring place which enhances wellbeing, valued by its citizens and visitors for its social, cultural, economic and environmental assets, diversity, and distinctive attributes. It is a destination drawing people and businesses to live, work, visit, and invest in the area.

D. Healthy mind and body

A place which promotes and enables good physical and mental health, healthy choices for the whole community through a healthy, built environment, and access to a rich set of public assets and services.

E. Future health and care

Innovative, integrated service provision linked with strengthened community infrastructure with prevention and early intervention at its heart.

8 Proposed activities

- 8.1 In addition to the cross-cutting activities outlined in our approach above (section 5), in the Delivery Plan we have set out proposals for each of our priority themes.
- 8.2 These sought funding from NHS England, alongside some that can be delivered in house. We have verbal assurance of project management funding for a further 2 years (the NHSE programme is a 3-year programme in total). We are one of the higher performing HNTs and, therefore, will get additional investment for proposed “investible propositions”. We are expecting feedback imminently from NHS England as to which will be funded.

A. Connected Community and “No one left behind”

Connecting with the community of Barking Riverside and the surrounding area is central to achieving improved outcomes for the Healthy New Town. Building on the community engagement additional proposed activities include:

- Working with the community to develop effective and sustainable communication vehicles shaped by them and delivered with/by them. The programme will encompass skill development and capacity building, and is likely to include: digital interface to promote activities and events, community noticeboard, and a printed newspaper/letter for all residents.
- Engaging with and supporting the development of the CIC, including embedding the 10 Healthy New Town principles in the development.
- Co-developing and testing, with the Ebbsfleet HNT, a best practice guide/tool for supporting “inclusive growth” through (but not limited to): community engagement, the built environment, and community asset management.

B. Life Long Health

Some key examples of our future activities are:

Pop-Up PEARL (People Environment Action Research Labs) led by Professor Nick Tyler, University College London, that will focus on topics relating to access, mobility, and the design of the built environment, to inform:

- People’s physical activity and how that is linked to the design of the built environment and sense of place.
- Access for all to interim and longer-term health and care facilities (and other community assets).
- The way in which the built environment can support older people’s mobility and inclusion.

We will also hope to collaborate on additional research funding opportunities to inform the development of an age-friendly built environment.

The borough-wide older people’s housing programme has identified a need for older people’s “village” at Barking Riverside. A 300-home scheme – promoting independent living and preventing and delaying health and care needs – is being considered in the forthcoming plan for the district centre. In addition, there is provision for 25 homes for people with mental health needs.

C. Sense of Place

A “sense of place” is a priority for the Healthy New Town and for all partners in Barking Riverside. Barking Riverside Limited (the strategic developer) have commissioned a placemaking strategy. This key document will sit alongside the planning frameworks and link with the council’s cultural strategy and open spaces strategy (including ambitious projects for the area and with the active travel plan (see section D)). There is a particular interest in maximising the rivers as assets – “blue space” – so we have bid for funding for this.

D. Healthy Mind and Body

These priorities relate directly to feedback from the community in our engagement events, and their concerns for healthy food and opportunities for activity.

- Sustrans are commissioned to develop (March 2017 to March 2018) engagement, education and behaviour change interventions focusing on improving local air quality and promoting active travel. It includes plans for an area-wide travel plan, with targets to reduce journeys by car and increase levels of walking/cycling by working with the LEPT to implement personalised travel planning and roll out of a comprehensive cycle training programme targeting schools and residents.
- Developing local healthy food and food skills. Examples would include healthy eating on a budget, skills, and enterprise development opportunities.
- As part of the design of the District Centre, a new Leisure Centre will be included. Although this will be a standalone facility, innovative ideas for co-location and shared working between nearby facilities will be given.
- Maximising the use of the river for leisure (e.g. walking and water sports) and active travel will be important.

E. Future Health and Care

Barking Riverside provides an opportunity for developing new models of care.

The NHS is developing increased capacity in GP surgeries bordering on Barking Riverside. The NHS financial envelope and capacity planning does not allow for Barking Riverside to have a new facility on site until 2020, when the local population

in Barking Riverside will have increased. In the future, Barking Riverside will make up one of the localities of the Barking, Havering and Redbridge model.

We are working with the NHS and other partners to maximise the accessibility to the interim facilities for Barking Riverside residents. A new pharmacy is on site at Barking Riverside, near the Rivergate centre. They will offer a range of services such as public health programmes. We are also keen to engage them as a test bed for digital solutions, such as those from Care City.

For 2020, the local NHS, planning team, public health, and national experts have been working to develop a truly integrated, innovative model of care that links with the emerging locality model for Barking, Havering and Redbridge. Barking Riverside provides a unique opportunity to link with community assets and infrastructure in the area, such as leisure centres and to test new approaches. A Health and Care Delivery plan is being submitted in March/April alongside the sub-framework plan for the district centre. This will specify the amount of space, flexible approach to the building, and briefly outline the developing model of care. The aim is for this to go to the CCG board for approval at the end of March (further information available on request). We will continue to develop our future model with the community, informed by population modelling, best practice, and by evaluating the approach of the interim provision.

9 Conclusion

9.1 Barking Riverside Healthy New Town presents a major opportunity for Barking and Dagenham. We are rated as one of high performing HNTs by NHS England. The moderate funding, project management support, and access to learning networks and expertise is enabling us to implement key activities, develop a programme, and evaluate and learn. This learning can then inform activities in other areas as London's growth opportunity. Central to our vision is "no one left behind". To aim to achieve this is ambitious; however, we are a borough of great ambition and, given the poor health and social outcomes in Barking and Dagenham, there is an imperative to rise to this challenge. Engaging with the community and working with partners is key to our approach.

10 Recommendations

10.1 The Health and Wellbeing Board is asked to

- Endorse the vision of Barking Riverside Healthy New Town.
- Recommend that each locality ensures that the 10 Healthy New Town principles are embedded within the growth areas of their locality.
- Ensure that the learning from Barking Riverside Healthy New Town is considered on a regular basis to inform other developments within Barking and Dagenham.

11 Mandatory implications

Joint Strategic Needs Assessment

11.1 The Joint Strategic Needs Assessment, identified growth populations for the borough. It described the socio economic profile and health issues of the borough. These have informed our ambition and priorities for the development of Barking Riverside.

Joint Health and Wellbeing Strategy

11.2 Core to the Joint Health and Wellbeing Strategy is addressing inequalities and prevention across the lifecourse and improving healthy life expectancy. These are strongly reflected in the outcomes and priorities for the Healthy New Town. In turn the Healthy New Town offers an opportunity to improve health outcomes for the borough.

Integration

11.3 The 2020 health and care facility on Barking Riverside offers a unique opportunity to develop an innovative and integrated model of provision alongside the development of the Barking, Havering and Redbridge locality models.

Financial

Financial implications completed by: Katherine Heffernan, Group Manager, Finance

11.4 Barking Riverside Healthy New Town was successful in securing revenue grant of up to £150,000 for 2016-17, as one of ten demonstrator sites selected by NHS England. The purpose of the grant is to fund activity or the delivery of outputs that will support the achievement of the programme objectives. Following an underspend position nationally on the Healthy New Towns programme, additional funding of £40,000 has been awarded to Barking Riverside Healthy New Town for 2016-17.

11.5 Around £110,000 of the original £150,000 grant from NHS England has been spent as at the end of February 2017, with the remaining £40,000 anticipated to be spent prior to 31 March 2017. The £40,000 will be spent on projects to work with the community to develop effective communication vehicles and developing local healthy food and food skills. The additional funding of £40,000 is to be spent on research interventions with UCL and additional community engagement work.

11.6 NHS England have now confirmed funding for this project of a minimum of £75,000 per year for 2017-18 and 2018-19.

Legal

Legal implications completed by: Eirini Exarchou, Senior Safeguarding Lawyer:

11.7 There are no legal implications arising from this report in terms of safeguarding the wellbeing of residents of LBBDD

12 Appendices

- 10 Healthy New Towns principle
- Governance
- Communications
- Logic model
- Outcomes