

**CANNOCK CHASE COUNCIL**  
**MINUTES OF THE MEETING OF THE**  
**WELLBEING SCRUTINY COMMITTEE**  
**TUESDAY 29 JANUARY, 2019 AT 4.00 P.M.**  
**IN THE CIVIC CENTRE, BEECROFT ROAD, CANNOCK**  
**PART 1**

PRESENT: Councillors:

Cooper, Miss. J.(Chairman)  
Smith, C.D. (Vice-Chairman)

Crabtree, S.K.	Sutton, Mrs. H.M.
Freeman, Miss. M.A.	Tait, Ms. L.
Johnson, T.B.	Witton, P.T. (substitute)
Lyons, Miss. O.	

Also in attendance:

- Staffordshire County Council Appointee: Councillor P.M. Hewitt

Invitees:

- Angela Schulp, Strategic Delivery Manager, Staffordshire County Council
- Jonathan Topham, Public Health Staffordshire, Staffordshire County Council
- Chris Derbyshire and Lisa Shepard Independent Healthy Lifestyles (IHL)

## **17. Apologies**

Apologies for absence were received from Councillors M.S. Buttery, Mrs. M.A. Davis and Mrs. D. Grice, and Jackie Owen, Healthwatch Staffordshire.

Councillor P.T. Witton was in attendance as substitute for Councillor Mrs. M.A. Davis.

## **18. Declarations of Interests of Members in Contracts and Other Matters and Restrictions on Voting by Members and Party Whip Declarations**

No declarations of interests in additions to those already confirmed by Members in the Register of Members Interests were made.

## **19. Minutes**

RESOLVED:

That the Minutes of the meeting held on 19 November, 2018 be approved as a correct record and signed.

## 20. Public Health Presentation

The Chairman welcomed Angela Schulp and Jonathan Topham, Public Health Staffordshire to the meeting.

Jonathan Topham reported on the Key health and wellbeing challenges across Staffordshire. He explained that rising demand was seen for acute and specialist services in hospital admissions, children and adults in social care and more children and families experiencing multiple inequalities and complex needs.

Some of the overarching health measures for Cannock Chase included:

- Life expectancy: 79 years for men and 82 years for women, around 10-11 months shorter than England average
- Healthy life expectancy: also shorter than average for both men (61 years) and women (62 years)
- Mortality: high rates of preventable mortality and under-75 death rates from cancer
- Inequalities: Eight years and six years gap in LE for men and women born in the most deprived areas compared to those in least deprived areas

It was reported that with regard to some children's public health outcomes in Cannock Chase there were 19,900 children and young people aged under 18 with 23% children living in poverty after housing costs, 13% of mothers smoking during pregnancy and 26% of Reception age and 37% of Year 6 children are obese or overweight

There was some focus on key public health challenges in Cannock Chase which included, an ageing population – 18,600 older people aged 65 or over, high rates of domestic abuse and violent crime and high proportions of people with long-term conditions

It was found that there were a number of Wards in Cannock Chase where families and communities faced multiple issues. Some of those wards included Cannock South, Cannock North, Hagley and Western Springs.

A slide was shown which provided information on excess weight for children in Year 6 for 2015-16 to 2017-18 and also the number of fast food outlets for 2018.

It was reported that the Public Health role included encouraging people to be well and live healthily and independently, with help from supportive communities and Districts, lifestyles and commissioned services and health protection/emergency planning.

The Public Health Programme included a number of areas under healthy behaviours, supportive communities and health protection.

Information was shown around adult obesity and the Health Communities Project. Help was available and as part of the project which included healthy eating, physical activity in collaboration with Wigan Leisure, GP referral and smoking cessation.

A slide was then shown to Members with regard to Public Health and Child Obesity. Some of the areas in which Public Health were involved included health visiting and school nursing, breastfeeding advice and support and working with partner organisations to develop community initiatives to meet local needs.

Angela Schulp then discussed the purpose of the Public Health 'Big Fat Chat' which aimed to raise awareness with the public in respect of tackling obesity.

Information was then shown with regard to supportive communities, the wider agenda of Public Health and information regarding children and young people.

It was reported that early help was available with support for families which also included health visiting and school nurse services, children's centre support and proactive home visits.

Members were shown a slide around the importance of the District role including early help and prevention, health in all policies and links with schools at a local level to support children and families.

Members were then invited to ask questions.

In response to a question raised by a Member concerning what Government initiatives were in place to tackle the obesity problem, Angela Schulp commented that the Government had put out a call before Christmas for expressions of interest in a national trailblazer programme to tackle childhood obesity. She advised that the County Public Health team and partners had responded to this and the outcome was awaited.

In response to a question raised by Mike Edmonds, Head of Environment and Healthy Lifestyles regarding how impacts were measured, Angela Schulp referred to children, early help and a framework. She advised that overall there were a number of areas/sources where information including trends were taken from, this was then disseminated to measure impact and used for the framework.

Jonathan Topham referred to a question regarding GP referrals within the Cannock Chase District and advised that he would ensure this information was made available, however it would differ from that of IHL as GPs would actually make the referrals directly to their service.

With regard to a Members question around the inclusion of health aspects in certain policies, Jonathan Topham advised that Public Health had previously engaged with the Council, however he indicated that the Wellbeing Scrutiny Committee would be ideally suited to look at policies, particularly areas around fast food takeaways and how this impacted upon health.

Angela Schulp commented that a guidance document 'Health in all Policies' including action plans and priorities was available to use, and an offer for Public Health to be available to update any policies.

A Member referred to the supporting communities programme and was keen to know what information or engagement was available for carers.

Jonathan Topham responded and advised that there was a young carers service available, however it had been found that there were many carers that were not accessing services and therefore they were not receiving any help to tackle issues.

Representatives of IHL referred to the national/local 'daily mile' which helped youngsters to be more active on a daily basis by walking to and from school. They were happy to work with Public Health to try and encourage more schools to do this.

## **21. Inspiring Healthy Lifestyles**

The Chairman welcomed Chris Derbyshire and Lisa Shephard from IHL to the meeting.

It was reported that there were a number of areas that impacted upon obesity which included lifestyle, life events such as bereavement or divorce and emotional and mental health wellbeing.

A slide was shown which provided information on what IHL were doing to help early years, this involved 'Grow Up Great' which had 6,051 engagements with the site and included online resources, information and education. Help Yourself included play and stay, family days and parent and toddler activities.

In terms of the primary and junior ages targeted activities included 'Grow Up Great' which was being extended to under 11s, Chase It Scheme and arts programming, whilst figures for Help Yourself had attracted 12,769 people to the roller disco, dance had attracted 2,880 and drama workshops 1,327. It was also reported that £5k funding was available to extend the 'Grow Up Great' scheme to under 11s.

Slides which provided figures for targeted activities for junior and youths included emotional wellbeing pilot 98 attendances, football community sessions 1,059 attendances and one off targeted events. Figures for the Help Yourself activities included trampolining 553, gymnastics 1,600 and fitcrew gym 8,213.

Information was provided with regard to what was in place for adults. There had been a number of targeted activities which had included Back to Sport and included netball and badminton and new offers including bowls and cricket. The figures suggested that there were over 50 attendees each week being active.

It was also found that the parks had attracted 4,617 attendances from May 2017 to December 2018, Chase Active which included swimming, gym and sensory and attracted an average of 47 people to each session and Chase Fit which included walking and gardening and attracted 5,104 on IHL and Friends of Hednesford Park Sessions.

There were a number of specialist services for adults including activity referral. It was reported that 779 people had been referred from their GPs in one year with 631 attending their consultation, and of those, 249 people included those that were overweight and had associated health issues.

The presentation slide also showed that other services included the National Diabetes Prevention Programme, type 2 patients on the Diabetes Education Self-Management Ongoing and Newly Diagnosed and body MOTs in participating GP surgeries for exercise advice which would be launched in Heath Hayes in February, 2019.

It was reported that the future focus would aim to increase and widen offers, investment into Chase LC facilities, provide inclusive cycling at the stadium site and parks and provide £416k plus a National Lottery Fund £40k match for 'Chase Up' to include social green exercise and pathway infrastructure.

Members were then invited to ask questions.

Chris Derbyshire reported that there was a vast amount of data collected within the gym which came from users connecting to gym equipment, although there were now more people that used wearable devices to track data such as heart rate and calories burned. However, some analysis of the data was required to track activity levels and the frequency of usage.

Jonathan Topham indicated that data would be collected this year from users, and similar data from the Chase Leisure Centre would be collected from next year. There were approximately 8,000 users across the facilities operated by IHL where data could be collected.

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CHAIRMAN

The meeting closed at 5.22 pm