

Public Document Pack

Policy & Corporate Resources Overview & Scrutiny Committee

Monday, 21st March, 2022

6.00 pm

Meeting Room 1, Town Hall Blackburn.

AGENDA

1. Welcome and Apologies

To welcome those present to the meeting and to receive apologies for absence.

2. Declarations of Interest

To receive any declarations of interest in items on the agenda.

DECLARATIONS OF INTEREST FORM

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3. Minutes of the meeting held on 11th October 2021

To approve as a correct record and to sign the minutes of the meeting held on 11th October 2021.

11th October 2021

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4. Eat Well, Move More, Shape Up Strategy Refresh 2021/25

To Review the Strategy of the Health and Wellbeing Board and adopted by the Executive Board. Members will be aware that the scrutiny of the work of the Health and Wellbeing Board is a duty of this Committee and the Chair of the Health and Wellbeing Board will attend.

Eat Well, Move Well

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Appendix 2

Appendix 3 good food plan

Appendix 4 healthy weight declaration

5. Progress of the Overview and Scrutiny Committees

To review progress of the People and Place Overview and Scrutiny Committees.

**Progress of the Overview and Scrutiny Committees,
March 2022.**

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Date Published: 13th March 2022
Denise Park, Chief Executive

DECLARATIONS OF INTEREST IN ITEMS ON THIS AGENDA

Members attending a Council, Committee, Board or other meeting with a personal interest in a matter on the Agenda must disclose the existence and nature of the interest and, if it is a Disclosable Pecuniary Interest or an Other Interest under paragraph 16.1 of the Code of Conduct, should leave the meeting during discussion and voting on the item.

Members declaring an interest(s) should complete this form and hand it to the Democratic Services Officer at the commencement of the meeting and declare such an interest at the appropriate point on the agenda.

MEETING:

DATE:

AGENDA ITEM NO.:

DESCRIPTION (BRIEF):

NATURE OF INTEREST:

DISCLOSABLE PECUNIARY/OTHER (delete as appropriate)

SIGNED :

PRINT NAME:

(Paragraphs 8 to 17 of the Code of Conduct for Members of the Council refer)

POLICY AND CORPORATE RESOURCES OVERVIEW AND SCRUTINY COMMITTEE **11th October 2021.**

Present- Councillor Harling, in the Chair, Councillors Bateson, Liddle, Floyd, Hussain, S, and Rawat.

Also Present- Councillor Mohammed Khan, Leader of the Council.

Councillor McGurk, Executive Member, Resources and Governance.

Denise Park, Chief Executive.

Dean Langton, Director of Finance.

Paul Conlon, Democratic Services.

1. Welcome and Apologies

The Chair welcomed those present to the meeting.

2. Minutes of the Meeting held on 26th July 2021.

The minutes of the meeting held on 26th July 2021 were approved as a correct record and signed by the chair. Attention was drawn to the item relating to the review of the call-in process and the resolution of the Committee that a politically balanced task group be established to look at the issue. Members were conscious that the lack of opposition members on the Overview and Scrutiny Committee and Standards Committee meant that this was not possible.

RESOLVED- 1. That the minutes of the meeting held on 26th July 2021 be approved as a correct record and signed by the chair subject to the inclusion of apologies for absence from Councillor Connor.

3. Declaration of interests

There were no declarations of interest made at the Committee.

4. Progress on Corporate Performance.

The Leader of the Council and the Chief Executive attended the meeting and updated the Committee on progress on the Council's corporate aims and objectives as agreed by the Policy Council at its meeting in December 2020. The Committee were informed that the Executive Board would continue to monitor the performance against targets and these would be reviewed and refreshed at the Policy Council in December.

RESOLVED- 1. That the progress on Corporate Performance as reported to the Executive Board and updated by the Leader be noted.

2. That the Committee revisit Corporate Performance on corporate objectives early in the next municipal year.

5. Revenue and Capital Budget 2021/22 and Covid.

The Committee received a presentation and report on the progress on the Councils revenue and capital expenditure and the effects of COVID on these. Members were aware of the grave concerns expressed earlier in the pandemic with regard to the significant increase in costs and losses of income that the Council was incurring in responding to the pandemic, i.e. through the first national lockdown, then coming out of the restrictions in June only to have further restrictions imposed in July. Given the lack of government funding at the time, it had been very apparent that unless further resources were forthcoming, the Council would not be able to contain these costs and losses within the existing budget for 2020/21, and due to the low level of reserves held, it was becoming more and more likely that the Director of Finance, as the Section 151 Officer, would need to issue a Section 114 notice, which would effectively declare that the Council would not be able to balance its budget for the year, and in essence would be insolvent. Further funding had been provided and the risk of issuing a Section 114 subsided as we closed the 2020/21 financial year. Following the final stage of easing COVID restrictions on 19th July 2021, we were now moving into the recovery stage of our pandemic work but there were still significant financial uncertainties that the Council faces going forward.

As reported to Finance Council our Medium Term Financial Strategy would normally extend for a period of 3 years beyond the end of the budget year, however given that the Government only provided a 1 year settlement, and had still not shared proposals for their intended approach for calculating any future local government finance settlements, the future funding arrangements beyond 2021/22 were impossible to plan for with any certainty. Therefore, in preparing the MTFs, the council had focused on the financial year 2021/22 and this would be revisited and updated as more clarity on our future funding is provided by Government over the coming months.

A commitment to implement a new Business Rates Retention model had been given for several years and at the Spending Review in September 2019 the Government confirmed that it would aim to implement a 75% BRR model in 2021/22 to provide further time to work with the sector on options for delivering the review of relative needs and resources, and in reforming and improving the business rates retention system, including addressing such issues as backdated appeals on local authority income. Due to the impact of Covid-19, this target date had slipped again and the council were still unsure as to what the model will look like, how it would operate and from what date it will be effective.

With regard to economic activity and the potential ongoing impact on our sales, fees and charges the government's own data indicates activity would not return to pre-Covid-19 levels until 2023. The impact of the pandemic led to a 10% fall in economic output over 2020 which was only expected to recover by 4% this year and 7% in 2022/23. The government had extended their Sales, Fees and Charges compensation scheme but only until the end of June 2021.

The Committee were informed that given the continuing prevalence of Covid-19, there remained significant challenges for businesses, residents and the Council. Despite that, the funding and other support that has been made available to deal with the impact of the Pandemic is gradually being withdrawn and on the basis of current plans, there is unlikely to be any funding support available from April 2023.

The Coronavirus Job Retention Scheme, ended on 30 September 2021. Data indicated that just over 5 million employees were on furlough leave as of January 2021, and approximately just under 2 million employees remained on furlough leave as of July 2021. The scheme was

intended to save jobs and livelihoods during the pandemic and allow employers enough time to financially bounce back and bring those employees back to work and pay wages in full. The impact of the closure of the scheme on the Borough's businesses will be tracked over the coming months

The Test and Trace Isolation Support Scheme which provides £500 payments to those residents on low income/benefits who are directed to self-isolate by NHS Test and Trace due to having had a positive Covid test result or who have been in close contact with a positive Covid case, has now been extended until March 2022.

In addition, the Government has just announced £500m to support vulnerable households across the country with essentials over the coming months. Families will also continue to benefit from the energy price cap, recent rise in Local Housing Allowance and increases in the National Living Wage. The full details of the scheme and the allocation for Blackburn with Darwen BC are still to be announced.

In the initial response to the Covid-19 crisis in the March 2020 Budget, the Chancellor announced a temporary one-year uplift in entitlements to Universal Credit (UC) and Working Tax Credit (WTC), of £20 per week. In the following Budget – March 2021 – the UC increase was extended for another six months, and claimants of WTC were paid a one-off equivalent amount (£500). The UC expansion has expired at the end of September, alongside the Government's furlough scheme

The £20 uplift represented a significant share in entitlements for many of our residents – in particular for those who are single without children, are not liable for rent, or are not judged to have a work limiting disability. For many of these people UC is their only source of income

The Council must account to Department Housing Communities and Local Government for the additional expenditure and income losses incurred as a result of Covid-19 each month.

At this relatively early stage in the financial year i.e. budget monitoring completed until the end of August and given the fact that the final stage of easing COVID restrictions did not take place until 19th July it was difficult to predict the full year cost of pressures that would arise. These included Adult and Children's Social Care demand pressures as we continue through the recovery stage of the pandemic. Given the uncertainties seen throughout the pandemic which still continue, the Executive Board on 10th June had approved an allocation of £5.2m for the first phase of continuing response and recovery work, including the specific Covid response resources, addressing some of the capacity and backlog resourcing challenges, and planning for supporting recovery activity for residents, communities and our wider local economy.

The first phase funding of £5.2m is to be utilised as below and is being tracked on a monthly basis:

- £2.7m continuing Covid response resourcing
- £1m resource for supporting capacity, backlog and demand challenges across service departments
- £1.5m discretionary funds supporting recovery

The Sales, Fees and Charges compensation scheme whereby authorities absorb losses up to 5% of their planned sales, fees and charges income, with government compensating them for 75p in every pound of relevant loss thereafter, finished on 30th June. By introducing a 5% deductible government is accounting for an acceptable level of volatility, whilst shielding authorities from the worst losses. Councils are now actively levying Government to extend the scheme beyond the 30th June deadline.

As noted above the government's own data indicates activity will not return to pre-Covid-19 levels until 2023. Additionally the final stage of easing COVID restrictions was 19th July so there is only a month and a half's data to base forecasts for lost income over the remainder of this and into future financial years.

The Borough had 239 cases per 100,000 people in the week 20-26 September (the average in England had 355), 359 cases were identified in the same week, which was an increase of 15 compared with the previous week, amounting to 28,503 cases up to 30th September.

The Borough is therefore in a relatively good position when compared with the England average as we approach the winter months and the uncertainty re the potential rise of infections and their impact on our businesses, residents and employees. The Council however continue to operate in an environment of limited resources and whilst the Government has provided funding up front to support the pandemic there is considerable uncertainty of the length of the pandemic impact on the national and local economies and the Council's ability to finance the ongoing support.

Nevertheless, within the resources available, the Council continues to put significant additional resources into support and guidance for our businesses, residents and employees e.g. test and trace, vaccinations, targeted interventions for specific cohorts, support for those self-isolating, utilisation of volunteers, support for vulnerable groups including rough sleepers, guidance on compliance etc. The ability to continue doing will, though, be dependent on the availability of additional resources from Government.

RESOLVED That the progress of the Capital and Revenue Budgets be noted and the Committee revisit the issue later in the year when the position became clearer.

Progress of the Overview and Scrutiny Committees.

The Committee received a progress report on the work of the People and Place Overview and Scrutiny Committee that had taken place in the previous weeks.

Lancashire and South Cumbria Pathology Collaboration

The Committee looked at the planned formation of a single pathology service for Lancashire and South Cumbria by 2023. The benefits were outlined, together with the challenges that the delivery of the single service would face. The Committee were informed that the main thrust behind the proposals was to ensure that there was a consistency of service across the South Cumbria and Lancashire footprint and to ensure that the service was delivered as cost effectively as possible using the technology that was developing. The model would use a hub and spoke model with services delivered in hospital where results were needed as an emergency and more routine tests being done in the central hub. The central location was to be developed at Samlesbury, close to the motorway network and also closer to the main users of the service based in East Lancashire and Preston. The Committee looked at how the service would be provided and the demands of all service users would be met, from GPs to hospital trusts. The Committee also focused on the way that areas at the edge of the patch would be served by the service as opposed to at present. The importance of the samples being delivered within time scales was discussed and the ways that this would be addressed. The Committee were informed of the time line for the delivery of the proposed changes and the stages that needed to be completed including the building of the hub. Assurances were given to the Committee that the religious needs of sections of the community to bury bodies as soon as possible would continue to be met under the revised arrangements. The

Committee would be kept informed of the proposals and how they affect the residents of the borough.

Proposed Enhancements to Acute Stroke Care and Rehabilitation Services for Lancashire and South Cumbria

The Committee received a briefing on the proposals for the enhancements to the acute stroke care and rehabilitation services in the area. The Committee were informed that strokes were the fourth largest cause of deaths in the UK and remained the leading cause of disability. One third of stroke survivors were no longer able to live independently and across Lancashire and South Cumbria there were now over 3,500 strokes per year. The Committee were informed of the current arrangements for stroke care in Lancashire and South Cumbria and that these did not provide the highest quality of care required. The enhancements proposed would seek to ensure that the population of South Cumbria and Lancashire received the best care wherever they lived, all day, every day.

Members discussed the patient's views on the proposals and were informed that the patient wishes had been sought and were in favour of the proposals as they delivered better outcomes for stroke victims in exchange for close proximity. The Committee looked at the way that ambulance support was crucial to the delivery of the proposed service and members were informed that the North West Ambulance Service had been involved throughout the process and enhancements to services were to be made where necessary to deliver this. The Committee supported the proposed enhancements and improved outcomes for patients and would keep the proposals under review.

Blackburn with Darwen Health Watch.

The Committee had invited Blackburn with Darwen Healthwatch to the meeting to look at how both organisations could work better together and add value to each other's work. Sarah Johns, Chief Executive of Blackburn Healthwatch, set out the work being undertaken by Healthwatch and the consultations that they were carrying out. The work on patient experience, Long Covid and Care Homes visits were outlined and possible collaborative ways that the Committee could work with Healthwatch to the benefit of residents of the borough. Healthwatch would be invited to attend future meetings where it was felt that the input of Healthwatch would be beneficial and add value to the work of the Committee.

Additional Meeting of the Committee.

An additional meeting of the Committee had been arranged to take place on 6th October 2021 to look at issues relating to Children's Services and Schools. The Committee looked at the return to school in the autumn term and the work that had been carried out to ensure that this had been done safely, the Safeguarding Annual Review, SACRE annual report and the peer review of work on neglect. The Committee also received an update on the work of the Youth Forum and how they are progressing in their work programme.

Place Overview and Scrutiny Committee, 13th September 2021.

The Committee looked at the way the Council can take action where private owners were failing with their duty to maintain the property and were having a detrimental effect on the whole of the community. The Committee were informed of the interventions that the Council had delivered through compulsory purchase and the properties that had been delivered back into the housing stock for use.

The Committee were informed of the powers that the Council had at their disposal and how these could be used to drive improvements. These were-

- Town and Country Planning Act 1990 – Section 215
- Building Act 1984
- Housing Act 1985, Section 17 – Compulsory Purchase Orders (CPOs)
- Environmental Protection Act 1990 – Section 59, 80,
- Anti-Social Behaviour Crime & Policing Act 2014 – Section 43 – 58
- Public Health Act 1936 – Section 78
- Prevention of Damage by Pests Act 1949

The Committee looked at examples that had resulted in improvements in the borough and the way that the officers had worked with land owners to ensure that they fulfilled their legal duties and the steps that had to be taken under each power should negotiations not produce results. The Committee were informed of the limits of powers and the duty of the magistrate’s court to consider cases brought by the Council. The Committee discussed the level of fines that were imposed by courts and the way these differed from case to case and personal circumstances. The level of deterrent was discussed and the alternative wordings that could assist in delivering a tougher message that would make people think before they failed to take action.

The Committee discussed the issues that related to adopted highways and cleaning and especially back alleys. Members highlighted the issues that they faced from residents bringing issues to them which related to un-adopted areas and how many of them were unaware of their responsibilities and requirements as the land owners. That the officers be thanked for their informative and helpful presentation. The Committee agreed that the Strategic Director, Place be requested to draw up a list of the top ten hot spots for member’s information and the possible actions that we could use to make a difference in these areas. The Committee also asked that ways of helping communities in keeping areas clean such as assisting in monitoring known dumping hotspots be considered and reported back to the Committee. The Committee also requested that consideration be given to leaflets to be given to residents of areas adjoining non adopted highways informing them of the difficulties that the Council faced in cleaning non adopted back alleys and their responsibilities.

Work Programme for the Committee

The Committee agreed that the next meeting would look at the issues relating to trees in the borough. This would include looking at the issues of ash dieback.

- RESOLVED-** 1. That the work of the People and Place Overview and Scrutiny Committees be noted.
2. That a report be prepared for the consideration of the Leader of the Council seeking the establishment and revised terms of reference for a new additional Overview and Scrutiny Committee.

Chair at the meeting where the minutes were signed.....

Date.....

EXECUTIVE BOARD DECISION



BLACKBURN
with
DARWEN
BOROUGH COUNCIL

REPORT OF:	Executive Member for Public Health and Wellbeing
LEAD OFFICERS:	Director of Public Health & Wellbeing
DATE:	Thursday, 11 November 2021

PORTFOLIO(S) AFFECTED:	ALL
WARD/S AFFECTED:	(All Wards);
KEY DECISION:	Y

SUBJECT:

Eat Well Move More Shape Up Strategy refresh 2022-25

1. EXECUTIVE SUMMARY

The 'Eat Well Move More Shape Up Strategy 2017-2020' has made significant progress in embedding the three key work streams of the strategy through the development of the Active BwD Network, Blackburn with Darwen's Food Resilience Alliance and the Healthy Weight Declaration. The strategy brought together key people and organisations with a shared purpose of getting Blackburn with Darwen moving more, eating well and aiming for a healthy weight. With the refresh of the strategy, there is now an opportunity to shift from a delivery focussed approach to a strategic approach, which advocates for sustainable change across the whole system.

Effectively engaging with senior leaders and decision makers is critical to implementing this whole system change. The Eat Well Move More strategic partnership aims to facilitate access to healthier, affordable and more sustainable food, increase opportunities to increase physical activity and promote a healthy weight environment through a whole system approach and ensuring that this is everyone's business. The eleven 'Guiding Principles' within the refreshed strategy gives a framework for this and encourages an evidence based, intelligence led and community focussed way of working to improve the health and wellbeing of our residents and to tackle health inequalities.

The refreshed and rebranded 'Eat Well Move More' strategy will support the recovery from the COVID-19 pandemic and build on the opportunities presented during this time and the partnerships developed during the last 18 months and there is an ambition to embed Eat Well Move More guiding principles through the borough's recovery plans.

2. RECOMMENDATIONS

That the Executive Board:

- Note the key issues and challenges related to access to good food and physical activity across Blackburn with Darwen and acknowledge the opportunities to support COVID recovery and tackle health inequalities.
- Acknowledge and support the need for wider system change and cross sector leadership buy in and continue to champion the collaborative work already in place.
- Approve the refreshed, three year 'Eat Well Move More' Strategy.

3. BACKGROUND

The original 'Eat Well Move More Shape Up' strategy had the vision for everyone in Blackburn with Darwen to 'move more, eat well and maintain a healthy weight'. Over the last 3 years the strategy predominantly focussed on local population level interventions based on evidence of effectiveness and building on existing assets using available resources. Three key strands of work were embedded:

- Active BwD Network
- BwD Food Resilience Alliance (Appendix 3)
- Healthy Weight Declaration (Appendix 4)

The Active BwD Network and Food Resilience Alliance have created strong partnerships and a platform for communication and support across Blackburn with Darwen for various organisations and communities. Cross-sector collaboration and building on new and existing partnerships have been critical in implementing the successful streams of local work.

The refreshed partnership strategy continues to strive for a whole system approach and through supporting collaborative work brings the opportunity to engage stakeholders from the wider system to support in the shared vision. Using a 'place based' and whole system approach is key to making health everybody's business in every setting.

Key Drivers

There have been a number of key national strategies released over the past 18 months, which have been driven largely by the COVID-19 pandemic. These strategies are highlighted in the refreshed strategy. Along with regional and local activity, including the Marmot Health Equity Review for Lancashire and South Cumbria and the emerging priorities of our Primary Care Neighbourhoods, have further thrown the spotlight on the need to ensure our residents have access to healthier, more affordable and sustainable food and opportunities for physical activity. This strategy provides a mechanism to ensure that this national, regional and local activity is focussed in a place based, whole system way

4. KEY ISSUES & RISKS

The COVID-19 pandemic has highlighted the health inequalities within our communities in Blackburn with Darwen. Those living in the most deprived areas are more susceptible to the effects of COVID-19 and this further widens the health inequality gap. By increasing physical activity levels across our population and improving access to healthier and more affordable food, we can improve quality of life for everyone.

COVID-19 has also highlighted other key issues for the population such as physical deconditioning due to long term shielding and the impact of obesity on the risk of serious complications from COVID.

Capacity across the system to engage in the strategy continues to be a risk making the importance of senior level buy in and advocating for a culture change across our statutory and voluntary organisations crucial for a sustainable whole system approach.

5. POLICY IMPLICATIONS

The strategy advocates for the creation of a system which supports improved access to healthier, more affordable and more sustainable food and increased opportunities for our community to be more physically active. As part of this system change a review of all policies and contracts will be required to embed the 'guiding principles' wherever possible.

Activity will be aligned to support the priority outcomes and metrics outlined within the recently published [Spending Review: Priority outcomes and metrics](#).

6. FINANCIAL IMPLICATIONS

There are no direct financial implications with the refreshed strategy due to the change to a strategic focus. Delivery of any activity associated with the strategy will be funded through the Public Health grant, the Sport England Local Delivery Pilot funds and partner contributions.

7. LEGAL IMPLICATIONS

This proposal will help improve one of the Council's eight corporate priorities (2019-2023) being : "Reducing health inequalities and improving health outcomes".

Any actions relating to the implementation of the strategy must be made in accordance with the constitution.

8. RESOURCE IMPLICATIONS

The strategy will continue to build on and develop improved partnerships/collaborations and communication across multi sector organisations to make the most of reduced resources by reducing duplication and applying for any funding in a coordinated manner and to be able to target those most in need of extra support.

The facilitation of the strategic steering group and work stream will be supported by the Public Health team.

9. EQUALITY AND HEALTH IMPLICATIONS

Please select one of the options below.

Option 1 Equality Impact Assessment (EIA) not required – the EIA checklist has been completed.

Option 2 In determining this matter the Executive Member needs to consider the EIA associated with this item in advance of making the decision.

Option 3 In determining this matter the Executive Board Members need to consider the EIA associated with this item in advance of making the decision.

10. CONSULTATIONS

The revised Eat Well Move More strategy is a partnership strategy rather than a public facing document and therefore public consultations were not required.

The strategic document has been presented to Senior Policy Teams, sub groups of the Health and Wellbeing Board, Eat Well Move More Strategic delivery groups and VCFS partnership groups between May and October 2021.

This includes:

- Senior Policy Team meetings – Adults & Health, Environment, Children's Services & Education, Public Health & Wellbeing
- Executive Member Board – Growth & Development, Digital & Customer Services, , Finance & Governance
- Blackburn with Darwen Integrated Operational Group, CVS Network Group, Age Well Partnership, Children's Partnership Board
- Leader of the Council

11. STATEMENT OF COMPLIANCE

The recommendations are made further to advice from the Monitoring Officer and the Section 151 Officer has confirmed that they do not incur unlawful expenditure. They are also compliant with equality legislation and an equality analysis and impact assessment has been considered. The recommendations reflect the core principles of good governance set out in the Council's Code of Corporate Governance.

12. DECLARATION OF INTEREST

All Declarations of Interest of any Executive Member consulted and note of any dispensation granted by the Chief Executive will be recorded in the Summary of Decisions published on the day following the meeting.

CONTACT OFFICER:	Amy Greenhalgh amy.greenhalgh@blackburn.gov.uk Beth Wolfenden beth.wolfenden@blackburn.gov.uk
DATE:	12 th October 2021
BACKGROUND PAPER:	Appendix 1 - Eat Well Move More Shape Up Strategy 2017-2020 Appendix 2- Eat Well Move More Strategy 2022-2025 Appendix 3 - BwD Good Food Plan Appendix 4 - Local Authority Declaration on Healthy Weight

Blackburn with Darwen Eat Well Move More Strategy 2022-2025

The Food, Physical Activity and Healthy Weight Strategy for Blackburn with Darwen



Foreword

Welcome to the refreshed 'Eat Well Move More' strategy! Tackling unhealthy weight and physical inactivity remains a local priority. Through this strategy and partnership, we aim to ensure that moving more, eating well and being a healthy weight is everybody's business.

We are continuing to strive for a whole system approach through collaborative working. Working in this way brings the opportunity to engage stakeholders from the wider system to support in the shared vision. Using a 'place based' and whole system approach is key to making health everybody's business in every setting.

Now more than ever there is the need to increase national and local focus and commitment to people's health, wellbeing, and quality of life and this has been highlighted by the COVID pandemic. During this time, we have seen the Health and Care sector and communities face considerable challenges. The pandemic has also highlighted the health inequalities, which exist within our communities in Blackburn with Darwen. However, we know that by improving access to good food and creating opportunities to be physically active, these health inequalities can be reduced significantly.

The strategy provides a timely opportunity to drive forward system change and support leaders to advocate local decision making, which reflects the needs and priorities of people who live, work, and go to school or college in our borough. Long-term, sustainable change can only happen when we work in partnership with our local community. Supporting and encouraging conversations around physical activity and good food across the system not only benefits health on an individual level but also impacts positively on other local agendas including, employability, productivity and reducing the demand on social care.

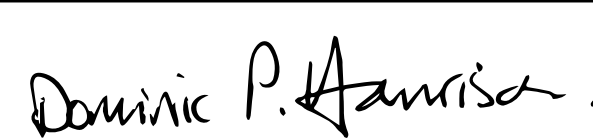
We are better together, and we can all do our bit as individuals, within our communities and the places that we live and work to make a difference. Together we can work to create food and physical activity environments, which encourage and enable our communities to make a healthier choice.



*Cllr Damian Talbot
Executive Member for
Public Health and Wellbeing*



*Cllr Mohammed Khan CBE
Leader of the Council*



*Dominic Harrison
Director of Public Health*



*Dr Mohammed Umer
Clinical Director Blackburn with
Darwen Primary Care Networks*

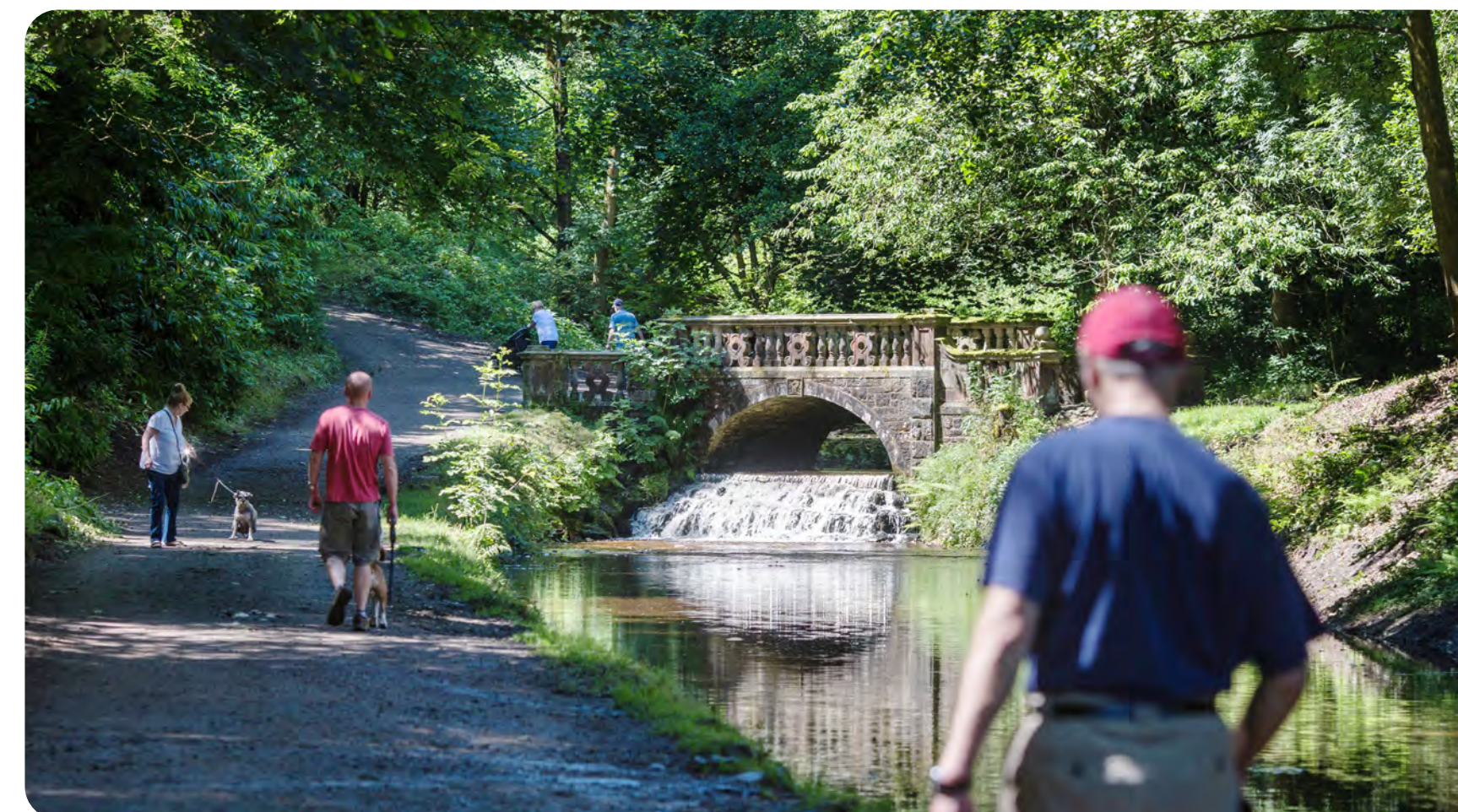
Executive Summary

As we begin to think about planning for COVID recovery, we are now looking to intensify and redouble our efforts to increase physical activity levels, ensure access to healthier and affordable food and promote healthy weight for our communities in Blackburn with Darwen.

The **'Eat Well Move More Shape Up Strategy 2017-2020'** made significant progress in embedding the three key work streams of the strategy through the development of the Active BwD Network, Blackburn with Darwen's Food Resilience Alliance and the Healthy Weight Declaration. The strategy brought together key people and organisations with a shared purpose of getting Blackburn with Darwen moving more, eating well and aiming for a healthy weight. With the refresh of the strategy, there is now an opportunity to shift to a collective strategic approach, which advocates for sustainable change across the whole system and supports ongoing development and delivery.

Effectively engaging with senior leaders and decision makers is critical to implementing this whole system change. The **'Eat Well Move More'** strategic partnership aims to facilitate access to healthier, affordable and more sustainable food, increase opportunities to increase physical activity and promote a healthy weight environment through a whole system approach, whilst ensuring that this is everyone's business. The eleven 'Guiding Principles' within the refreshed strategy gives a framework for this and encourages an evidence based, intelligence led and community focussed way of working to improve the health and wellbeing of our residents and to tackle health inequalities.

The refreshed and rebranded **'Eat Well Move More'** strategy will support the recovery from the COVID-19 pandemic and build on the learning and opportunities presented during this time and the partnerships developed during the last 18 months with the ambition to embed 'Eat Well Move More' guiding principles through the borough's COVID recovery plans.



Background



The purpose of the strategy has now shifted following on from the successful implementation of three key workstreams:

- **The Food Resilience Alliance**
- **Active BwD Network**
- **The Healthy Weight Declaration**

These work streams have brought together people and organisations with a shared purpose and principles that cuts across and provides motivation for our combined work. The collaborative work has enabled successful bids for national funding for the Department of Health and Social Care funded Childhood Obesity Trailblazer Programme 'Healthier Place Healthier Future' and The Sport England Local Delivery Pilot – 'Together an Active Future'.

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The focus was on delivery of the vision '**For everyone in Blackburn with Darwen to move more, eat well and maintain a healthy weight**'. The shift is now to a more strategic approach and how we embed sustainable, cultural and systemic change.

Positive behaviour change in individuals needs to be supported by the whole system. In order to achieve system change across sectors, infrastructure and places, we must work collaboratively to develop a shared vision.

We are exposed to an environment which promotes unhealthy weight from an early age, where high calorie, nutrient poor food is easily accessed, cheap and abundant and physical activity is not the '**go to**' choice. A key driver moving forwards with the new strategy is looking at the 'place', the wider built environment and transport systems. These play a crucial role by either promoting or hindering access to physical activity and good food.

Disadvantaged areas tend to have a higher density of main roads, poorer air quality and higher collision rates this combined with more prevalence of an obesity causing environment exacerbates health inequalities and further discourages walking, cycling and being active. Active travel planning influences numerous local drivers in BwD including health inequalities, high levels of deprivation, long term conditions, social isolation and air quality. The built environment is key to maintaining independence and mobility and supporting active ageing.

Building strong collaborations across the sector is key to influencing and creating a healthier built environment where the easy choice is the healthy choice.

The journey so far 2017-2020

There have been a number of successes during the life of the original strategy which have provided a platform for future activity and developments. Some key highlights include:



Breastfeeding Friendly Borough

BwD became a Breastfeeding Friendly Borough in 2018. The continued good work and maintenance of the initiative has recently led to the revalidation of the Gold level Baby Friendly award. This highlights the work undertaken to provide a practical and effective way for health services to improve care provided for all mothers and babies, including the highest level of breastfeeding support.



The Summer Holiday Activity Fund Programme

In 2019 Spring North led the bid to bring the Holiday Activity Fund to BwD. The programme reached around 2,500 children and young people who were eligible for free school meals. The four week summer programme provided a programme of activity and food across the borough in a range of settings delivered by the local youth organisations and the Council's Childrens Centres and Young People Services.



The Healthy Weight Declaration

BwD was the first borough in the country to have Local Authority and Clinical Commissioning Group to sign a joint Healthy Weight Declaration. This emphasises the responsibility to develop and implement policies which promote healthy weight.

The journey so far 2017-2020



Child Obesity Trailblazer Programme

Department of Health and Social Care funded Healthier Place, Healthier Future programme continues to address some of the drivers of unhealthy weight across Pennine Lancashire taking a population and targeted approach. Successful work so far includes: the development of a series of resources for elected member development alongside a regular Pennine Lancashire elected Health & Wellbeing forum and two rounds of social movement, #getshangry campaigns.

Together an Active Future



Together an Active Future

In 2017 Pennine Lancashire was successfully in becoming a Sport England Local Delivery Pilot site to help to tackle physical inactivity trends across the 6 boroughs. The proposed £10 million funding will see the pilot being delivered until 2025.



BwD Stride and Ride Group

In response to the Emergency Travel Fund announced by the Government at the start of the COVID-19 pandemic an active travel partnership was set up to manage the fund and develop walking and cycling infrastructure in the borough. This group has now gone on to develop a Walking and Cycling plan for the BwD which was signed off in September 2021.

The journey so far 2017-2020



Eat Well - Blackburn with Darwen Food Resilience Alliance

BwD Food Resilience Alliance (FRA) aims to help us all, whatever our age or background, to have a better relationship with food; to learn how we can manage what and how much we eat. Most of all it will make sure that good food is available to all who need it when they need it; it will do this by encouraging more collaboration between those organisations which provide food to the vulnerable and those in crisis.

The FRA is a social and community movement, which will bring communities together to end food poverty in its many forms. It will transform the way we think about, source, provide and consume food.

The FRA will link up those who grow our food locally with those who eat it. We want to understand and change the waste caused by food surpluses in the shops. We want to help our communities cook and eat together.



Recipe 4 Health

Blackburn with Darwen Borough Council's Environmental Health team support local food business, including cafes and takeaways, schools, nurseries and care homes to achieve the 'Recipe 4 Health' healthier catering award. Settings can achieve Bronze, Silver or Gold with all award holders being showcased on the www.BeWellBwD.com webpage.

The journey so far 2017-2020



Blackburn with Darwen Social Prescribing Alliance

The BwD Social Prescribing Alliance is an important partnership which formed in September 2020 as part of a community based early intervention and prevention offer within the four neighbourhoods of Blackburn with Darwen. It plays a crucial role help improve the physical and mental well-being of local people access & receive the best offer of support as soon as possible. Consisting of over 80 community-based representatives including the Social Prescribing Link Workers, the Alliance meets on a monthly basis to build rapport, make connections, share local knowledge and ensure referral mechanisms are as efficient as possible.



The impact of the COVID-19 pandemic

The past year has seen the health and care system and local communities face considerable challenges. The COVID-19 pandemic has highlighted the health inequalities that exist within our communities. Those living in the most deprived areas are more susceptible to the effects of COVID and this further widens the health inequality gap.

Attitudes towards the place that we live changed significantly during this period. The pandemic created increased opportunities for walking and cycling, with more value placed on our green and blue spaces. However, it has also highlighted the fragility of our food system, increased opportunity for an increase in availability of unhealthier takeaway food and increasing weight across our population during this period. The physical activity and the food environment system plays a vital role in improving public health and wellbeing and widening access to healthy choices.

We need to harness the focus and momentum created in light of COVID-19 and use this as a conversation starting point partners, stakeholders, businesses and individuals. We also need to review our policies, systems and activities to ensure that those most at risk of health inequalities are supported in an appropriate and timely way.



Health & Social Care System Changes

Since the first strategy was developed, there have been significant changes across the health and social care system and a number of key strategies released which have supported emerging work across the food, physical activity and healthy weight agendas (Table on page 20). The developing Lancashire and South Cumbria Integrated Care System and Pennine Lancashire Place based Partnership along with the four local Primary Care Neighbourhoods are providing significant opportunities to embed prevention as a 'must do' and to tackle health inequalities.



In February 2021, a new [DHSC White Paper](#) was released which builds on the NHS Long Term Plan and aims to support recovery from the COVID pandemic. The paper focusses on integration and collaboration across the system bringing opportunities to influence commissioning and place based, evidence driven interventions.

This strategy aims to align with changes across the system to promote a culture change in promoting and embedding good food, increased physical activity and healthy for all.

Department of Health & Social Care

Integration and Innovation: working together to improve health and social care for all

Published 11 February 2021

The Department of Health and Social Care's legislative proposals for a Health and Care Bill

Our Ambition

‘We will work together to provide the encouragement, opportunity and environment for everyone in Blackburn and Darwen to lead active, healthy and fulfilling lives. Through collaboration and innovation across the whole system, we will work to build a fairer future supporting good health and wellbeing for everyone.’

Our Mission

Tackling obesity and physical inactivity is a priority for the whole Eat Well Move More partnership. A whole system approach can add value by providing the opportunity to engage stakeholders across the wider system to develop a shared vision and be stronger together.

We will support 'community power' and 'social movement', ask what people and places need to succeed not what targets need to be met or services the local authority can offer. Systems not a single organisation create change.

What we will do:

Provide the encouragement, opportunity and an environment that empowers people to make physical activity and healthy eating the easy choice throughout the course of their lives

Create and support opportunistic interventions. Understand the complexities around uncomfortable conversations, raising the issue of weight, inactivity and food insecurity

Work collaboratively with all partners and the community to encourage positive lifestyle changes that enable the people of Blackburn and Darwen to improve their physical and mental health and wellbeing

Use the power of physical activity and good food to build a fairer future for everyone in the recovery from the COVID-19 pandemic

Empower the most vulnerable and at risk of poor health in our community to make positive behaviour changes

Building community resilience and capacity, through strength and asset based approaches, to ensure inclusivity and accessibility

Support the workforce of Blackburn with Darwen to make every contact count



Our Guiding Principles

The strategy and guiding principles will reflect the approach of the Health and Wellbeing Strategy and the underpinning Guiding Principles by taking a:

LIFE COURSE, PLACED BASED, WHOLE SYSTEM APPROACH TO MAKE HEALTH EVERYBODY'S BUSINESS

They are also designed to support delivery of existing local action plans and frameworks relating to food, physical activity and healthy weight (page 20).

Collectively we will:

Page 26

- ➔ We will raise the profile and awareness of the strategy with decision makers across the Council, health and social care and across the voluntary, community and faith sector.
- ➔ Commit to delivering our Healthy Weight Partner Pledges to take a whole system approach
- ➔ Promote a strength based and community led approach to enabling residents to know where to go to ask for help or support or to access activities which promote health and wellbeing
- ➔ Strive for quality in everything we do and be able to demonstrate the impact on our communities
- ➔ Ensure everyone in the borough is able to access programmes and services which are suited to their own needs
- ➔ Support the borough's recovery from the COVID-19 pandemic
- ➔ Use evidence, data and insight from communities to guide what we do
- ➔ Embed the guiding principles within Primary Care Neighbourhoods priorities
- ➔ Take a partnership approach to support and compliment existing pathways and ways of working
- ➔ Influence commissioning opportunities to ensure food, physical activity and healthy weight is a 'must do'
- ➔ Embrace and support opportunities to develop our workforce

'Together we are greater than the sum of our parts'

The deep-rooted inequalities in accessing good food and being physically active highlight the lack of opportunities for some people and some communities. The complex reasons behind this are linked to where we live, work and are educated.

We must take a whole system place based approach and look at the physical and social environment around us, organisations and institutions that support us and local, regional and national strategies and policies which impact ourselves and our communities.

1

Promote being 'Stronger together' across all sectors. PH will support organisations to take steps to make food, physical activity and healthy weight as must do for health and wellbeing.

A whole system approach should be adopted through agreement with leaders from across the system.

The language of the strategy must be understandable to all to support and influence other portfolios and to encourage conversations and interactions between sectors.

Page 27

Create a clear understanding of the Healthy Weight Partner Pledge, harness its importance and encourage sign up and delivery across sectors.

2

3

Ensure that people and communities are involved in local decision making involving their 'place'.

Be responsive and adaptable around their needs and priorities and maintain open channels of communication.

Enable easy access to the right service at the right time.

Promote the ethos of 'doing with' and not 'doing to'.

Consistent and persistent messaging to promote health and wellbeing across all organisations.

Highlight the importance of learning and development, sharing skills, knowledge and the importance of robust evaluation and accountability.

Recognise failure and support learning from this.

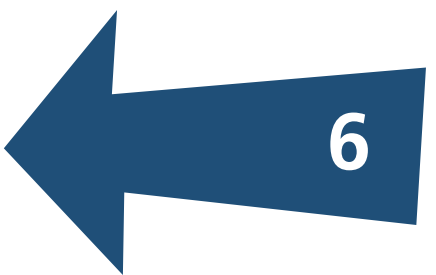
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'Together we are greater than the sum of our parts'



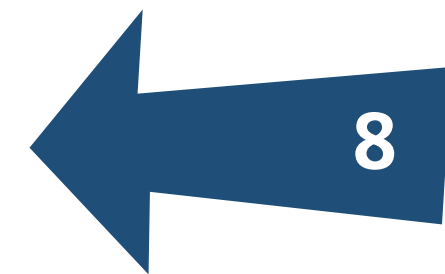
Clear communication channels and transparency between service providers and stakeholders to ensure service delivery models and referral systems are clear.
Individuals to be able to access the right service at the right time.

Harness the momentum created by the pandemic around wider impacts on health including obesity, long-term conditions, access to good food and deconditioning.



Understand barriers and enablers through working closely with communities and providing the support that they need.
Ensure quality data is available which is reliable and relevant to the diverse communities and above all any evidence based resource is useable within that community.
Public Health will support dissemination of advice and information from a national and local level, including partner insight, JSNA's and health needs assessments.

We will work closely with and support Primary Care Neighbourhoods priorities. Linking in with the Primary Care Network Delivery Group and the Clinical Commissioning Group to work collaboratively where opportunities arise e.g. the Adult Weight Management Direct Enhanced Service Specification and NHS Health Checks programme



Promote and develop existing collaborations and support the growth of new ones. Reduce the risk of duplicating work and ensure the strengths and skills of all partners involved are fully utilised.
Create efficient pathways with clear access information, which work to provide an effective service to all.
Establish strong links with mental health pathways and healthy weight.

'Together we are greater than the sum of our parts'

10

Use existing resources to ensure staff have the skills, knowledge and confidence to engage in conversations around food, weight and physical activity. Provide training and learning opportunities for role models/champions and harness peer to peer influencing.

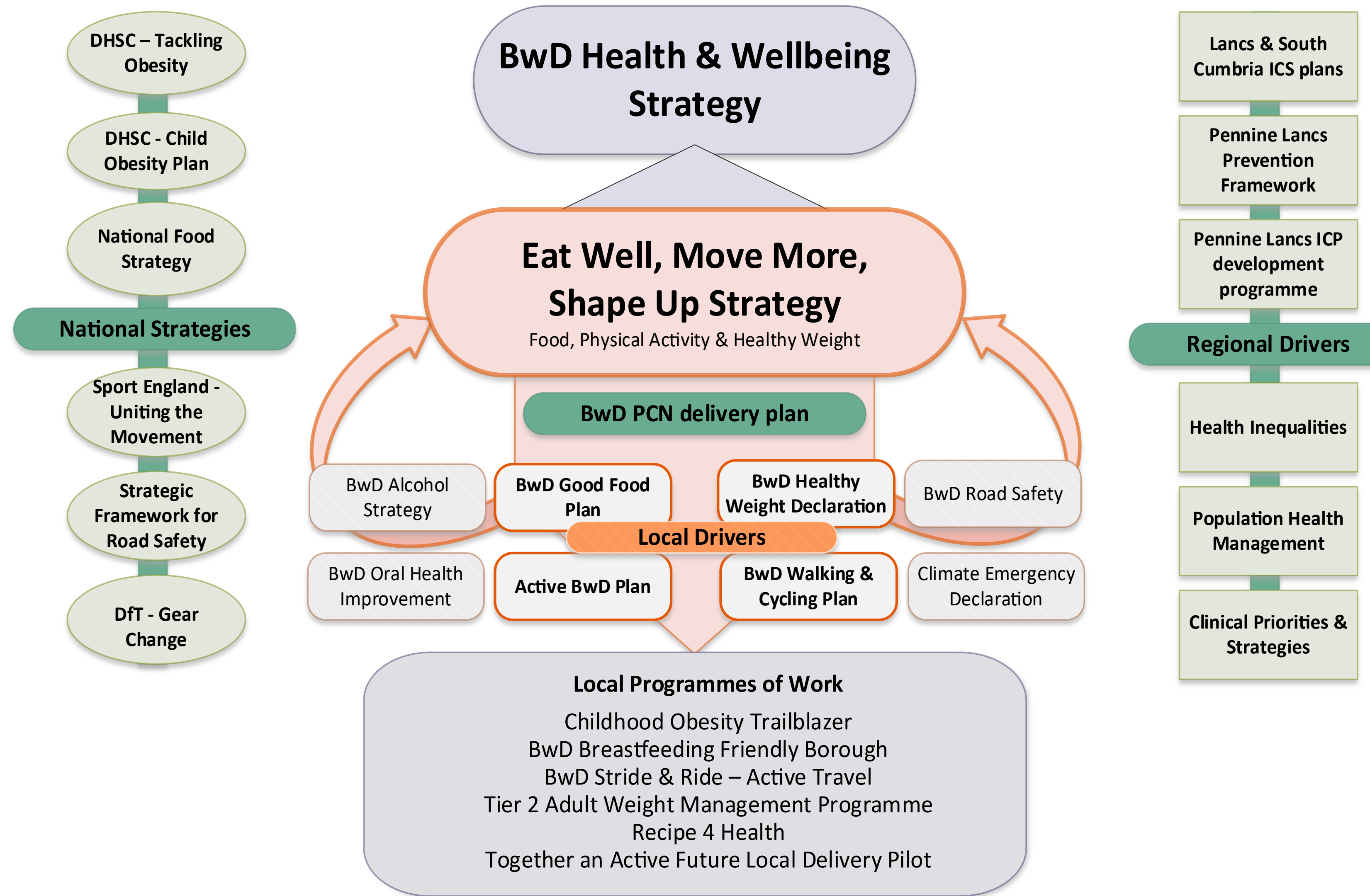
Encourage organisations and their staff to have clear and shared responsibilities to be eating well, being active and being a healthy weight.

Find opportunities across the Council and Health & Social Care and support finding a shared purpose across the system and effective ways to work together. Use this platform to influence commissioners and provide the evidence to include health in all commissions.

As a Public Health function support and input into commissioning and provide communication links between relevant forums and groups.

11

National, Regional and Local Drivers and Supporting Strategies and Plans



What does success look like?

What does success look like?

We will have participation from all key public, voluntary, community and faith sector organisations

All partners will be delivering their Healthy Weight Pledges to support taking a whole system approach

We will support the development and implementation of a comprehensive workforce development offer available to all frontline workers and volunteers which upskills around physical activity, healthy weight and access to good food

All partners will be using the evidence, data and community insight to develop relevant and effective programmes and interventions

All existing and new Council commissions and policies will be reviewed to ensure health is included as a 'must do'

All Equality Impact Assessments and Health Impact Assessments will be reviewed and comments for action provided by Public Health



Recommendations

Collectively we will scan the horizon, constantly scoping where upcoming developments sit, being prepared for what is coming next.

Supporting Primary Care Neighbourhood Development

To link closely with Primary Care Neighbourhoods to support their priorities. A key area being the Healthy Weight Direct Enhanced Service.

Supporting Population Health Management

Embed and increase the coverage of local health relevant policies and improving the quality of decisions that protect and promote population health.

Tackling Health Inequalities

Take the recommendations from the Lancashire and South Cumbria Marmot Healthy Equity Review to shape our developments to tackle health inequalities.

Making Health Everybody's Business

All professions, partners, communities and individuals need to recognise and acknowledge the wide impact of poor nutrition and inactivity. Everybody has a part to play in creating healthy environments and influencing decisions that impact on their 'place'. Enable others to come together to understand the system and focus on what can be achieved together.

Targeting and Supporting Workforce Development

Work with health and social care colleagues to develop a robust induction process across all sectors which prioritises health and wellbeing and changes the culture around food and physical activity.



How will we monitor progress on this strategy?

The Eat Well Move More Strategy Group meets every other month to discuss progress and to receive updates from the BwD Food Resilience Alliance and Active BwD Networks. In these meetings, the partners will provide the strategic steer and scrutiny to ensure we are on track for success. The Eat Well Move More group will provide regular progress updates to the Children's Partnership Board, Live Well Boards and Age Well Partnership and an annual report to the Health and Wellbeing Board.

This strategy was developed in consultation and partnership with:

- » **BwD Food Resilience Alliance**
- » **BwD Active Network**
- » **Age Well Partnership**
- » **Children's Partnership Board – to follow**
- » **CVS Community Network**
- » **BwD Council Senior Policy Teams – Adults and Health, Children and Education, Place and Resources**

Call to Action...

To achieve the ambition for people in Blackburn with Darwen outlined within this strategy will need a true partnership approach. All organisations, services, businesses, employers and individuals within our local communities have a role to play so please do think about how you can contribute, influence and support the achievement of our aims. As the borough and its residents recover from the impact of the Covid-19 pandemic we really do have a once in a generation opportunity to help people improve their health and wellbeing and live their best lives. We hope that you have found this strategy inspiring and will join us in this ambition.



Vicky Shepherd,
Chair of the Eat Well,
Move More Strategy Group
and Chief Executive, AgeUK BwD

National, Regional and Local Drivers and Supporting Strategies and Plans

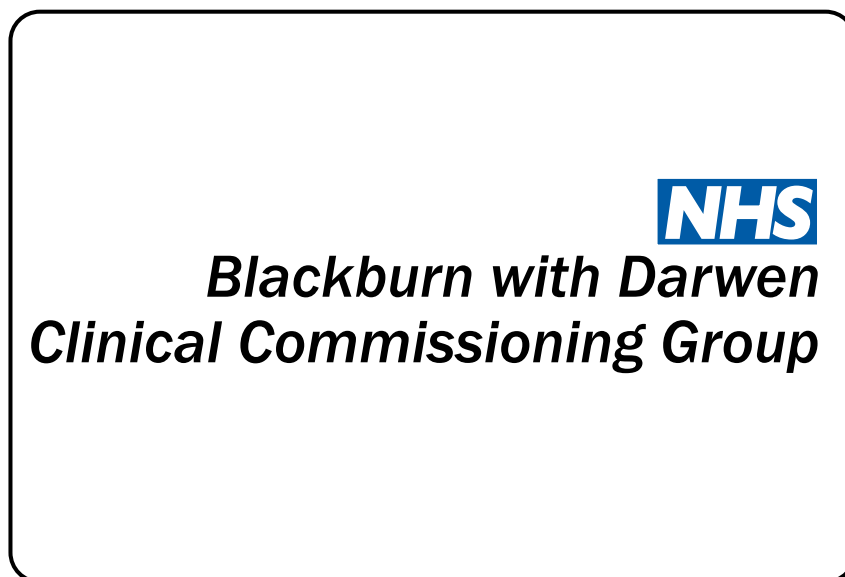
	Local BwD and ICP footprint (Pennine Lancashire)		Regional ICS and Pan Lancs	National
	Strategy/Plan	Programme	Strategy	Strategy/Plan
Food	BwD Good Food Plan	BwD Breastfeeding Friendly Borough Recipe 4 Health		National Food Strategy Pt1
Physical Activity	Active BwD Plan Walking and Cycling Plan	Together an Active Future BwD Stride & Ride Active Travel Programme Connecting East Lancashire BwD Connect	Local Transport Plan 4	Uniting the Movement (Sport England) Gear Change (DfT)
Healthy Weight	BwD Healthy Weight Declaration	Healthier Place, Healthier Future – Childhood Obesity Trailblazer Programme Tier 2 Adult Weight Management Programme		Tackling Obesity (DHSC) Childhood Obesity Plan Pt 1, 2 and 3 (DHSC)
Cross Cutting	BwD Oral Health Improvement BwD Alcohol Strategy BwD Road Safety (development commencing in September 2021) Climate Emergency Declaration	National Diabetes Prevention Programme NHS Health Checks Programme Get Stuck In - Holiday Activity and Food Programme (DfE funded) Community Long COVID programme 5 Ways to Wellbeing Primary Care Networks	Lancashire and South Cumbria Health Equity Commission	

Supporting Reading

For further information on the evidence which underpins this refreshed strategy, please go to this link for the original Eat Well More Shape Up strategy 2017 - 2020

www.blackburn.gov.uk/health/eat-well-shape-move-more

Our Partners





BLACKBURN WITH DARWEN GOOD FOOD PLAN

See our Facebook Page and Twitter Page @FoodBwD

Eat Well – the food and nutrition strategy for Blackburn with Darwen

Blackburn with Darwen aims to be a place where everyone can access good quality, healthy, affordable food; where we enjoy a healthy diet and where the food in the borough is produced and sourced locally and responsibly; this in turn supports the local economy and helps sustain the environment. Food will bring the community together - celebrating different food cultures and promoting cohesion through food.

The BwD Eat Well Strategy highlights how all the partners including East Lancashire Hospital Trust, BwD Clinical Commissioning Group, and BwD Council are working hard to support residents to become healthier. This plan supports the Eat Well Strategy, developed over the last three years which embeds plans by a range of public sector organisations. The Alliance will provide a focus for community, voluntary and faith organisations to work with the public sector to realise the overall aim of the Eat Well strategy – to improve our health and wellbeing.

The Challenge.....

Around 14,000 children and young people in the borough live in poverty

BwD has the third lowest level of disposable income in the UK

107 households in BwD were subject to the benefit cap in November 2018 with almost 80% of these single parent families and close to 400 children affected

During 2019, Blackburn Foodbank supported just over 11,000 people with crisis food provision of which 42% were children and young people

Over 50% of babies in the BwD are not receiving breastmilk at 6 weeks of age

70% of the NHS budget is spent on treating Long Term Conditions with poor diet contributing to diabetes, cancer, cardio-vascular disease and obesity. Those from more deprived communities are much more likely to experience them and also more severely.

We CANNOT treat our way of this

Blackburn with Darwen's Food Resilience Alliance

We all have a relationship with food. We either have too much or not enough, are told we eat the wrong things, or we waste too much. BwD Food Resilience Alliance aims to help us all, whatever our age or background, to have a better relationship with food; to learn how we can manage what and how much we eat. Most of all it will make sure that good food is available to all who need it when they need it; it will do this by encouraging more collaboration between those organisations which provide food to the vulnerable and those in crisis.

The Alliance is a social and community movement, which will bring communities together to end food poverty in its many forms. It will transform the way we think about, source, provide and consume food.

The Alliance will link up those who grow our food locally with those who eat it. We want to understand and change the waste caused by food surpluses in the shops. We want to help our communities cook and eat together.

Food is so important on so many levels – we want to make sure that we all have the best possible for our own sakes, those of our families and those of our communities in a way that is sustainable.

How will we achieve our aims?

We will develop our plan by involving all those working and living in our communities to get their agreement and commitment to the following principles. As more individuals, community groups and organisations such as housing associations, the Borough Council, Health authorities, local businesses etc, are aware of the movement, they will pledge to take forward aspects of the plan that they know are in their sphere of influence and/or responsibility.

We will work with communities and settings across the borough, to significantly reduce food poverty in neighbourhoods and for children and young people across the borough.

1 It is not acceptable that anyone goes hungry in Blackburn with Darwen

We will protect people from hunger ...

Who will?

All those organisations which provide food and support for those in crisis or struggling to feed themselves or their families– food banks, community kitchens, holiday hunger teams, benefit and other financial advisors. All the public sector organisations who provide crisis and ongoing support.

What will we do?

We will feed those in crisis – with food parcels, cooked meals,

We will know who is doing what, when, where and with whom. We will share what we know within our communities and more widely. We will make sure that the crisis response is documented and understood so everyone knows what the best response is in different circumstances.

We will ensure that children have holiday food provision and breakfast clubs

We will challenge the provision of Free School Meals – we need more, we need better, we need improved school based processes to remove stigma. We will address the issues raised by young people through the Children’s Future Food Enquiry report March 2019.

We will support the uptake of the Healthy Start Scheme to ensure that all eligible ante and post-natal mums and pre-school children have access to the vitamins and vouchers for fruit and vegetables

We will support those who need more care than food – financial, housing, or welfare advice, and work to improve council tax debt collection practices

We will make sure that those agencies involved in caring for those who are in ill-health as a result of an inadequate diet are supported to deliver their strategies eg malnutrition awareness, vitamin D awareness , breast feeding friendly borough work

We will source education and skills support to individuals, families and communities to increase their ability to source and produce good food and meals.

We will promote 4 key areas - healthy weight, reduction in the level of diabetes, understanding of vitamin D and the promotion and protection of breast feeding.

How will we do it?

We will develop a plan specifically to protect children and young people from hunger, as well as improving nutrition.

We will work in local communities to gather information about current activities and identify gaps.

We will work with service providers, public sector organisations and local enterprises to have a more coordinated response.

We will produce route maps ...for different communities, age ranges, groups such as homeless

We will identify good practice in other areas and use this to improve our support in BwD.

2 We will build food security

This means improving food knowledge and skills in our communities which have a positive impact on accessing, sourcing and cooking food – as well as understanding more about how what we eat impacts upon health and wellbeing.

Who will?

We have groups interested in food poverty and insecurity such as the Young People’s Empowerment Forums. We will develop neighbourhood responses involving those with lived experience as well as strategic responses to improving our knowledge and skills.

What will we do?

We will work to ensure that we know how to access or buy good food, how to cook it, how to do this on limited budgets. We will encourage communities to grow vegetables, share cooking skills. We will make sure that we have the resources to cook – utensils, fuel. We will work with communities to ensure breastfeeding is promoted and protected.

- Map existing and identify new food growing sites, including statutory and informal, arrange leases where appropriate (permanent and 'meanwhile')
- Match community groups with support and maintenance and support adoption of 'Incredible Edible' status for local community groups
- Help communities protect and take control of assets for food growing and other projects via the Sustainable Communities Act
- Strengthen links with Public Health and Planning and Property Departments to support and enable adoption of permanent community growing spaces and ensure inclusion of growing spaces and major new developments
- Strengthen links with Growth and development to attract and encourage sustainable, food resilient businesses
- Encourage hospitals, health centres and businesses to develop food growing on their sites with staff/patients taking ownership of the spaces

How can we address skills, employability and income?

We will seek to influence wherever we can. We believe good food is everyone's business.

Food security demands a joined up response to welfare reform. BwD should argue for and work towards a system which provides adequate financial support to ensure a household's basic needs are met, reducing use of sanctions, and engaging with claimants to understand their needs and build support around them.

We will identify and engage with all organisations which might be able to impact eg transport companies, DWP, etc

We will understand the skills required by good food companies and ensure colleges and training places are providing those skills.

3 We will make sure that good, healthy, affordable food is accessible in our communities

We will explain the importance of healthy food to everyone in ways which inspire them to respond, whatever their culinary and cultural differences. We will work together in to make sure the Eat Well strategy is driven by all the organisations committed to it. We will fight for resources to maximise our impact on the health of the residents of BwD. We will further develop access to low cost food for vulnerable groups, making sure we do not have food deserts. These are where affordable healthy food is not available.

Who will?

All those committed to the various actions in the Eat Well Strategy. Communities of interest in the Alliance - Schools, children's centres, community gardeners, crisis food providers, other third sector organisations providing or developing food related services, even if it is not their primary function

What will we do?

We will create more local community pantries/co-operatives which enable people to buy/access good food cheaply. We will make sure that there are breakfast clubs, holiday clubs and adequate access to free school meals. We will encourage community groups to cook and eat good food together, by increasing knowledge and skills to all age groups and cultures, developing community cafes and places of welcome. We will promote 'pay what you can' and 'pay it forward' culture within community cafes.

We will work with schools and colleges to obtain their buy-in. We will promote existing and new opportunities to grow food; we will enable as much locally grown food as possible to be used in our communities and the crisis food chain.

We will promote the take up of Healthy Start Vouchers and Free School Meals, working with the council, 0-19 healthy child programme team, schools, charities and communities.

We will seek to discover hidden poor health relating to poor food, i.e. find those that are malnourished and with over or under weight, have pre diabetes, low vitamin D. This will then target action.

How?

By continuing to network organisations, find resources, mobilise energy and enthusiasm to build communities by sharing food - 'Sharing is Caring'

4 We will use surpluses locally

We will develop relationships and systems with our shops and restaurants to ensure that good food does not go to waste.

We will ensure that good food surplus (waste) goes into our local food chain e.g. foodbanks, food clubs, community kitchens.

We will work with local food growers to share learning on storing and preserving food from allotments to facilitate year round use.

We will work with food growers and suppliers to reduce all food waste – whether surplus food in shops or what we grow on our allotments.

We will work with growers and suppliers to remove poor quality food from the supply chain e.g. remove promotion of BOGOF.

We will do this by raising the profile of the Food Alliance and promoting its aspirations. We will work through those organisations who have expertise in securing surpluses to maximise their reach, e.g. .FareShare, Community & Business Partner's Waste not Want not scheme.

5 We will be led by data and local intelligence and share our learning widely

The BwD Food Resilience Alliance pledges to be driven by data and local intelligence in all our activity to ensure the most vulnerable in our communities are protected from hunger. We will use data and local

intelligence to target our resources as a partnership as efficiently as possible, to reduce duplication and ensure we are reaching those most in need.

We will target our resources as a partnership as efficiently as possible, reduce duplication of both food supplies and the human effort to deliver them. The Food Resilience Alliance understands that easy supply of 'free food' in the system goes against the core aspiration of enabling resilience of individuals and communities to provide their own sustainable food

Who will?

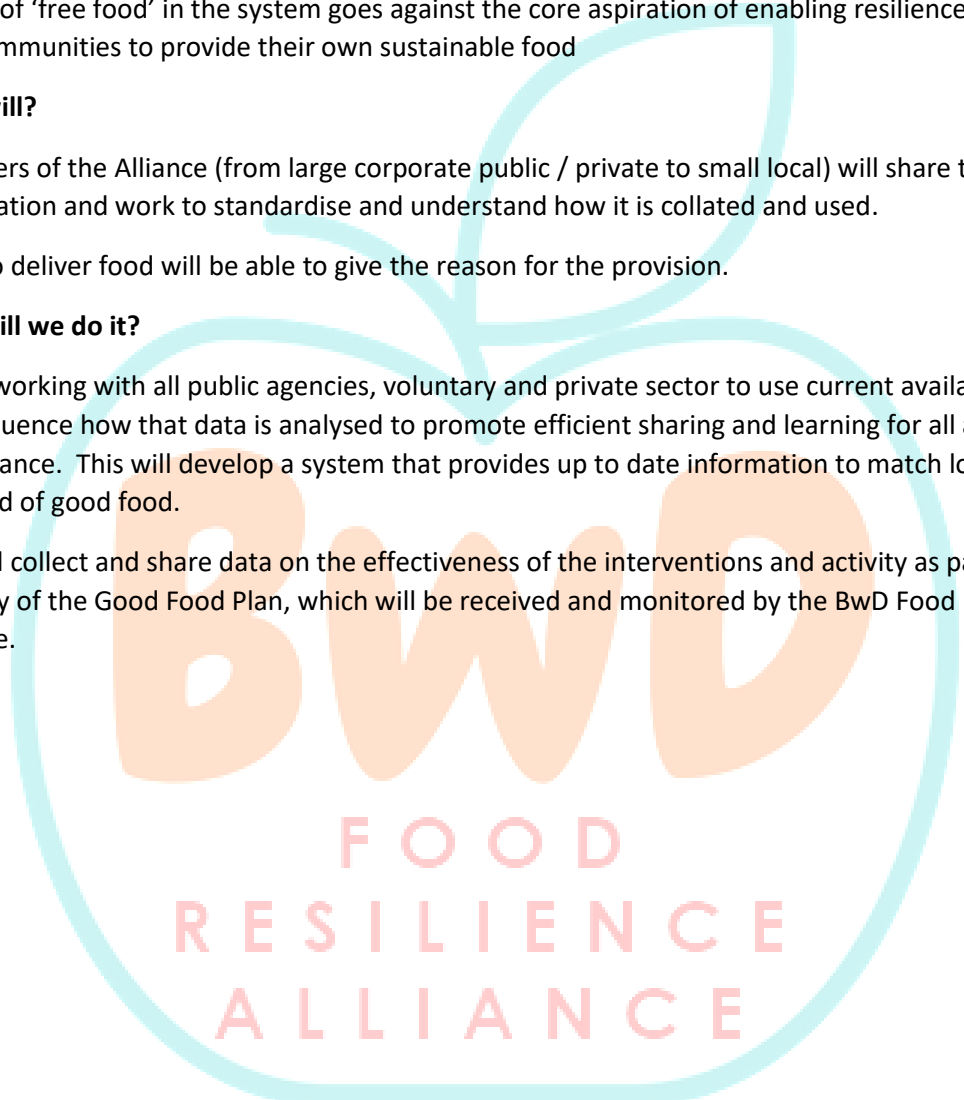
Members of the Alliance (from large corporate public / private to small local) will share their current information and work to standardise and understand how it is collated and used.

All who deliver food will be able to give the reason for the provision.

How will we do it?

By networking with all public agencies, voluntary and private sector to use current available data. We will influence how that data is analysed to promote efficient sharing and learning for all associated with the Alliance. This will develop a system that provides up to date information to match local supply and demand of good food.

We will collect and share data on the effectiveness of the interventions and activity as part of the delivery of the Good Food Plan, which will be received and monitored by the BwD Food Resilience Alliance.





LOCAL GOVERNMENT DECLARATION ON HEALTHY WEIGHT



THIS LOCAL GOVERNMENT DECLARATION ON HEALTHY WEIGHT IS A STATEMENT, INDIVIDUALLY OWNED BY BLACKBURN WITH DARWEN BOROUGH COUNCIL AND BLACKBURN WITH DARWEN CLINICAL COMMISSIONING GROUP.

It encapsulates a vision to promote healthy weight and improve the health and well-being of the local population. We recognise that we need to exercise our responsibility in developing and implementing policies which promote healthy weight.



Milka
Page 44
Cllr Mohammed Khan M.B.E.
Leader of the Council

Mustafa Desai
Cllr Mustafa Desai
Executive Member
for Health and
Adult Social Care

Dominic P. Harrison
Dominic Harrison
Director of Public Health

Chris Clayton
Dr Chris Clayton
Clinical Chief Officer
Blackburn with Darwen
Clinical Commissioning Group

WE ACKNOWLEDGE THAT:

- > Unhealthy weight is a serious public health problem that increases disability, disease and death and has substantial long term economic, well-being and social costs. The proportion of the population affected by unhealthy weight continues to rise;
- > Unhealthy weight is affected by health inequalities and is more common in lower socio-economic groups;
- > Poor diet during early life (the period between conception and weaning) can carry adverse health consequences in later life;
- > Poor diet and an unhealthy weight are risk factors for cardiovascular disease, cancer and type 2 diabetes which contribute powerfully to poor health and premature death;
- > Energy dense food and drinks high in fat and sugar and low in essential nutrients contribute to a significant amount of additional and unnecessary calories in the diet;
- > There is greater availability and access to foods and drinks high in fat, sugar and salt which are increasingly eaten outside of the home, contributing to excess energy intake;
- > Increased intake of foods high in fat and sugar and low in fruit and vegetables are strongly linked to those in manual occupations;
- > People living in more socially deprived areas have less access to healthy foods;
- > Advertising and marketing of foods and drinks high in fat, sugar and salt increases their consumption;
- > Education, information and the increased availability of healthy alternatives help individuals to make healthy, informed food and drink choices;
- > Modern physical activity environments contribute to sedentary lifestyles;
- > Urban planning can have a significant impact on opportunities for physical activity, promoting safer environments for walking, cycling and recreation.

AS LOCAL LEADERS IN PUBLIC HEALTH WE WELCOME THE:

- > Opportunity for local government to lead local action to prevent obesity, securing the health and well-being of our residents whilst considering available social, environmental and financial NHS and social care resources;
- > Opportunity to protect some of the most vulnerable in society by giving children the best start in life and enabling all children, young people and adults to maximise their capabilities and make informed choices;
- > National commitment to address childhood obesity;
- > Support for the Local Authority Declaration on Healthy Weight from the following organisations: Association of Directors of Public Health North West, British Dental Association, Children's Food Campaign and the UK Health Forum.

WE COMMIT OUR COUNCIL FROM THIS DATE

13.04.2017

...to sign the Declaration to show commitment to reducing unhealthy weight in our communities, protect the health and well-being of staff and citizens and make an economic impact on health and social care and the local economy by striving to:

- > Engage with the local food and drink sector (retailers, manufacturers, caterers, out of home settings) where appropriate to consider responsible retailing (such as not selling energy drinks to under 18s), offering and promoting healthier food and drink options, and reformulating and reducing the portion sizes of high fat, sugar and salt (HFSS) products;
- > Consider how commercial partnerships with the food and drink industry may impact on the messages communicated around healthy weight to our local communities. Funding may be offered to support research, discretionary services (such as sport and recreation and tourism events) and town centre promotions;
- > Review provision in all our public buildings, facilities and 'via' providers to make healthy foods and drinks more available, convenient and affordable and limit access to high-calorie, low-nutrient foods and drinks (this should be applied to public institutions such as schools, hospitals, care homes and leisure facilities where possible);
- > Increase public access to fresh drinking water on local authority controlled sites;
- > Consider supplementary guidance for hot food takeaways, specifically in areas around schools, parks and where access to healthier alternatives are limited;
- > Advocate plans with our partners including the NHS and all agencies represented on the Health and Well-being Board, Healthy Cities, academic institutions and local communities to address the causes and impacts of obesity;
- > Protect our children from inappropriate marketing by the food and drink industry such as advertising and marketing in close proximity to schools; 'giveaways' and promotions within schools; at events on local authority controlled sites;
- > Support action at national level to help local authorities reduce obesity prevalence and health inequalities in our communities;
- > Ensure food and drinks provided at public events include healthy provisions, supporting food retailers to deliver this offer;
- > Support the health and well-being of local authority staff and increase knowledge and understanding of unhealthy weight to create a culture and ethos that normalises healthy weight;
- > Invest in the health literacy of local citizens to make informed healthier choices;
- > Ensure clear and comprehensive healthy eating messages are consistent with government guidelines.
- > Consider how strategies, plans and infrastructures for regeneration and town planning positively impact on physical activity;
- > Monitor the progress of our plan against our commitments and publish the results.

IN ADDITION OUR LOCAL AUTHORITY WILL WORK TOWARDS:.....

- > Support the introduction of 'Mile a Day' and 'Couch to 5k' in primary and secondary schools respectively
- > Support Early Years settings to enable a structured physical activity offer and healthy food policy
- > Develop a Food Poverty Network to reduce food poverty and tackle malnutrition in all settings
- > Support the introduction of school food policies including lunchbox policies
- > To be a designated Sugar Smart Town
- > Develop a Food Charter for the Borough to promote healthy and sustainable food in a local economy
- > Promote Active Travel and use of Rights of Way across the Borough to increase physical activity, for social and employment opportunities and minimise air pollution
- > Support 'Street Play' initiatives through exploring the implementation of periodic temporary street closure orders and other innovative sites for play
- > To be a designated Breastfeeding Friendly Town
- > To achieve Sustainable Food Town status

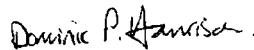
Signatories:



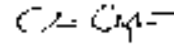
Cllr Mohammed Khan M.B.E.
Leader of the Council



Cllr Mustafa Desai
*Executive Member for Health
and Adult Social Care*



Dominic Harrison
Director of Public Health



Dr Chris Clayton
*Clinical Chief Officer
Blackburn with Darwen Clinical
Commissioning Group*

To be reviewed by 13th April, 2018

**FOOD
ACTIVE**



The Local Authority Declaration on Healthy Weight has been designed and developed on behalf of Food Active, by the Health Equalities Group and is based on the the Local Authority Declaration on Tobacco Control.

*For further information please contact:
info@hegroup.org.uk*

Policy and Corporate Resources Overview and Scrutiny Committee 21st March 2021.

Progress of the People and Place Overview and Scrutiny Committees.

The Overview and Scrutiny Committee met in March to continue their work Programmes and look at the key issues affecting the Council and how the challenges were being met.

People Overview and Scrutiny Committee 7th March 2022.

Health of the Borough.

The Committee met on 7th March and received an update on public health in the Borough from Professor Dominic Harrison. The Committee were informed of the actions that had been taken by the Council and other directors of public health in the northwest following the government's decision to step down restrictions and reduce testing. He outlined local guidance that included the continued wearing of masks in shops, on transport and public places, the continued testing when symptoms are displayed and self-isolation where necessary. 75 year olds would be eligible for a 4th jab in spring along with vulnerable adults and this would be administered through GPs. Professor Harrison drew attention to the recent infections which now included one third reinfections with one of the two Omicron variants. The Committee were informed that in the future it was assumed that the virus would follow a cycle like the cold virus and that it would re appear in the population in summer and if not by autumn.

The Committee discussed the effects of long covid and it was noted that about 2%-4% of those who had had Covid were likely to suffer from long covid and this was not related to the severity of the infection. The symptoms of long covid were similar to those ME. The complex issues including the effects on mental health that young people would have in future years and the lack of access to face to face GP was discussed and members were informed that the borough had the 8th lowest number of GPs per population in the country and this has been raised with the CCG.

The Committee requested that they continue to be kept informed of the situation relating to Covid and especially how the long term effects of covid will be dealt with in the borough. The Committee also requested that they be kept informed of the efforts to ensure that the ratio of GP's to the population of the borough is increased.

A Child of the North

The Committee received a joint presentation from the Strategic Director Children's Services and The Director of Public Health on the Child of the North report. The report had been published in December 2021 by the Northern Health N8 Research Partnership Science Alliance and written by over 40 leading academics from across the North of England. The report highlighted the inequality for children growing up in the North of England compared with those in the rest of the country. The report called for policies to reduce child poverty and increase funding for preventative services. 18 recommendations were outlined that addressed the greater risk for children in the north of becoming involved with statutory Children's Services, the care system and acute mental health services.

The Committee discussed the ways in which the recommendations affected the outcomes for children and how we could make sure that a difference was achieved. The Committee considered ways that all members of the Council were aware of the challenges outlined in the findings and requested that a presentation be made to all members and partner organisations in the delivery of services to children. Members were also conscious of the need to ensure that the delivery of all council services consider the implications for children in everything they do. The Committee noted the implications of the Report on Child of the North and the negative

outcomes for children in the borough in comparison with those in the South of England and recommended to the executive member that a seminar be held for all members outlining the findings of the report, the implications for the children and ways that the Council can shape its policies and services to mitigate the effects on children in the borough. The Committee also asked that the Executive Board be recommended to consider the introduction of a paragraph on all policy reports outlining how the recommendations affect the outcome of children in the borough in a similar way to how financial and legal implications are outlined.

Send Methodology Testing Feedback

The Committee were presented with the findings of the joint Ofsted and CQC methodology testing pilot that had been carried out to see how well local areas fulfil their responsibilities for children and young people with special educational needs and/or disabilities. The borough had been approached by Ofsted and the CQC to support them to test their new methodology for local area SEND inspections.

The process had been carried out over three weeks in November 2021, the purpose being-

- To test out some new ways to gather evidence about the way children and young people with send are supported
- Provide the inspectorates with valuable information about how well possible new approaches work in practice and help to identify where further improvements or thinking was needed.

The Committee were informed of the work that had been required by the departments and Health partners and the challenges that had been met. These had included meeting very tight deadlines in tracking evidence and gaining consent from parents and carers of children and young people. Members were informed feedback which included the following -

- Dedicated and passionate staff who know children and young people well
- Send support services- school staff highlighted the valuable support.
- Clear examples of creative approaches to provide support.
- Practitioners were positive to find a way around things
- Practitioners appreciated practical hand holding with additional support to access
- Children and young people and parents and carers views were listened to and acted upon.

The members were informed of the areas that they were aware needed to be looked at and address and the steps being taken to improve together with the areas that had been exacerbated by covid. The Committee thanked the Children's Services Department and Partners for all the hard work that had been put in to the SEND Methodology Testing and welcomed the positive outcome.

Place Overview and Scrutiny Committee, 14th March 2020

The Committee looked at the key areas of their work programme for the year and developments that had taken place following initial scrutiny. The Committee also looked at the issue of trees in the borough and how we manage them.

Trees.

The Committee looked at the issue of trees as a scrutiny topic for a number of reasons including ash die back, the recent storms, planting initiatives and public concerns. The Council is responsible for the care, development and maintenance of tens of thousands of trees owned by the Council, which are located in Council parks, open spaces and on the highway. As a

Council we are committed to maintaining the health and longevity of all Council trees through appropriate management including:

- Appropriate works will be undertaken on dead or unhealthy trees.
- Tree works is undertaken by fully qualified arborists, in line with management surveys and plans.

The Council did not generally undertake works to otherwise healthy and well-formed trees for reasons of:

- Size
- Leaf, seed, twig or flower litter
- Shade or blocked views
- Interference with transmitted signals, e.g. television, satellite channel access
- Honeydew exudation
- Reduced security by virtue of concealment
- Alleged root damage to property.

The Committee noted that the Council does not have a responsibility for tree on private land or un-adopted land.

The Committee looked at the issue of Ash dieback and the effects that this will have on trees in the borough and across the country. Ash trees are the third most common tree in Britain, they are present in woodlands, hedgerows and parks and gardens across the country and have a cultural significance in our urban and rural landscapes. They are also a valuable habitats for over 1,000 species of wildlife. It is estimated that there are more than 60 million ash trees outside woodlands in the UK and that the majority will become affected with ash dieback in years to come. Members were informed of the main issues for the council arising from die back and the work that was to be done on an ash die back plan which required the council to identify the number and condition of ash trees on Council owned land and or near the highway. Members were informed that public safety was the priority for assessing what action to be taken.

The Committee looked at the process for reporting issues with trees and residents responsibilities and the management issues with council owned trees. The Committee were also informed of the recent decision at the Finance Council to increase resources to deal with tree related issues.

Members looked at the targets for tree planting in the borough to help mitigate climate change and how the planting of trees was progressing. The Committee supported the work of to involve community groups and schools in this. Members requested that the planting of value added trees such as fruit trees be investigated which could enhance community areas. The Committee also suggested that schools involvement be sought in helping compile the tree audit as this could be a learning activity.

Waste and Recycling

The Committee were updated on the progress of the waste and recycling collection. 98 tonnes more recycling had been achieved in the year to December and this represented real progress. Blue bin collection of waste card and paper had also increased with very little spoiled content which generated greater income to the council. Grey Bin collection content had also improved with contamination down from 36% to 24%, a significant improvement. Members were informed of the proposal to engage an additional education officer in order to boost collection further. The Committee will continue to monitor the collection and recycling rates.

Cemeteries and Burials

The Committee were updated on the progress in identifying and establishing new cemeteries in the borough. Tests were ongoing at two sites and the outcome would be reported to the committee in the next municipal year.

Sylvia Liddle, Chair of the People Overview and Scrutiny Committee
Suleman Khonat, Chair of the Place Overview and Scrutiny Committee