

REPORT OF THE EXECUTIVE MEMBER FOR PUBLIC HEALTH & WELLBEING

COUNCILLOR DAMIAN TALBOT

**PORTFOLIO CO-ORDINATING
DIRECTORS: DOMINIC HARRISON &
MARTIN EDEN
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PUBLIC HEALTH

The Targeted Lung Health Checks (TLHC) programme is a new and ground-breaking flagship programme of work in England which targets those most at risk of lung cancer and will initially work with CCGs who have some of the highest rates of mortality from lung cancer. Blackburn with Darwen is one of the initial ten pilot sites for the programme and people aged over 55 years old but less than 75 years old that have ever smoked have been invited for a free lung check. Following the lung health check those assessed as high risk were offered a low dose CT scan on the mobile unit at Ewood Park with 523 scans completed in the first phase of the programme. The Public Health Tobacco Control Lead participated in the programme promoting the Stop Smoking Service through attendance at the scanning sessions developing signposting and referral pathways to support the following public health outcomes:

- Smoking Prevalence in Adults
- Smokers that have successfully quit at 4 Weeks
- Smoking attributable mortality & hospital admissions

Eat Well Move More Strategy

On Friday 11th March the Eat Well Move More strategy was launched with 60 partners and stakeholders at Ewood Park. The event included keynote speeches from Professor Dominic Harrison, Director of Public Health and Tina Pilkington from Sport England. There were also real stories highlighting the work of the Food Resilience Alliance and Active Network members connected to food and physical activity in the borough. There were a number of interactive and engaging workshops which will help to direct the work of the refreshed strategy in ensuring food and physical supports our recovery from the pandemic and supports the physical and mental health of our community.

Fizz Free February

Public Health have been working with the BwD Food Resilience Alliance to run the borough's first 'Fizz Free February' across Blackburn with Darwen. The campaign aims to encourage people to give up sugary pop and replace it with water or milk to help reduce tooth decay and also to reduce sugar intake which impacts on weight. Promotion took place on the digital screens and in Children's Centres and schools across Blackburn with Darwen. Blackburn Rovers Community Trust have started delivering the Give Up Loving Pop (GULP) campaign in primary across the borough and will be supporting a poster competition to promote good oral health in readiness for the Oral Health Improvement strategy launch in May.

LIBRARIES

Borough residents will benefit from longer library opening hours in response to the Council's renewed commitment to boosting community health and wellbeing and providing free access to WiFi, computers and digital resources. From the beginning of May, Blackburn Central Library will extend opening times until 4pm on Saturdays and Darwen Library will increase its Wednesday hours, open all day from 10am to 5pm. The extended hours will allow for an enhanced programme of community activities for all ages. In addition to the existing range of e-books, e-audio books, e-magazines and online information services, library members can now also access an extended suite of digital offers for free from any internet-connected device, including free online newspapers, a music download and streaming service, a language learning programme, and for younger users, a revolutionary story telling experience.

LEISURE

The Council continues to recognise the importance and health and wellbeing benefits of encouraging people to move more and include physical activity in everyday lives. In 2008 Blackburn with Darwen launched its innovative re:fresh programme, open to anyone living or working in the borough, in full time education or with a BwD GP. To support the recovery of residents and the borough from the impact of the Covid-19 pandemic, from April 1st the Council is investing in a 12 month programme of free leisure sessions across the borough. This will include a variety of activities including gym-based, swimming and cycling sessions. The full programme will be available on the re:fresh website (www.refreshbwd.com) **here**.

In addition to the above sessions, the Public Health team are also exploring opportunities to expand this free offer into other community facilities and provide more targeted sessions to specific groups within our population. The aim of this is to tackle health inequalities by working with people who we know have done less physical activity throughout the pandemic. Both programmes will support the aims of the recently launched BwD Eat Well Move More Strategy, to work with partners to improve access to good food and create opportunities for residents to be more physically active.

ARTS AND HERITAGE

Turton Tower will reopen weekend of 26/27 March with a full weekend of events planned to celebrate the doors opening for the first time in 2 years. This includes many who have used the grounds throughout the pandemic to rehearse or as a meeting point such as the band The Grumpy Old Men and the Military Vehicle Trust. There will also be talks from local authors and volunteers including Peter Farley (garden volunteer and author of the Ghosts of Turton Tower) and Mark Paterson local footballer with his autobiography. Performances from the Regency dancers and Silver Swords. The Tower will then be open for the season 11 -4 Wednesday to Sunday each week until October.

Blackburn Museum and Art Gallery's latest exhibition is the Monochrome Museum which brings to together a diverse mix of items from the collection from art to telephones which are black white and grey. The exhibition is open alongside the rest of the Museum Wednesday to Saturday 12-4 until May 21s.

VENUES

Venues continue to recover well in King George's Hall's centenary year with a varied programme and strong ticket sales for comedians, music and family entertainment. Recent sell outs include Chris Ramsey and Nish Kumar. It is also good to see schools returning to enjoy live shows; after the success of last year's pantomime the Pinocchio Ballet performances have already sold over 500 school tickets.