


## Leicester Ward Health Profile

- Birth rates are higher than in England.
- Teenage conception rates, rates of smoking during pregnancy and initiation of breastfeeding are all worse than England average.
- Of lifestyle factors which impact on health, levels of smoking, obesity, healthy eating, drinking alcohol and physical activity are all worse than Leicester overall.
- Local Ward Councillors have identified public health as a key priority for the three areas that make up the ward neighbourhoods, along with potential resources to invest in improving the area.

## Themes from Survey


Work better together	Partner services involvement	Leadership and Co-ordination	Achievements of Day
Sharing information	Clear joint strategy	Increase stakeholders	Practical action plan
Marketing services	Map provision and include voluntary and community sector offer and services	Start a group that addresses this and identifies resources, allocates funding for precise services	Form strategic group
Increased awareness and engagement in residents own health	Joint funding and commissioning of services that address local needs	A mechanism to meet and check plans and outcomes that make improvements to health	Insight in to others challenges and delivery
Consistent clear guidance on services available	Less bureaucracy and more delivery	Stronger co-ordination and sharing of what is already happening	Get health stakeholders closer together
		A local plan which is owned by community	A commitment to joint working

## Strategies for improvement by area - Braunstone

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- Health Visitor support
  - Clinics
  - More play
  - Fitness equipment on park
  - Residents work through B-Inspired
  - New health centres
  - Choices for contraception which helped young patients
  - City wide Leicester Sports Partnership Trust Strategy
  - Lack of care support due to reduction in funding
  - Infant Health Strategy
  - Holistic services at Children's centre
  - Giving better information to residents/patients


## Strategies for improvement by area – Rowley Fields and Holy Apostles

### Rowley Fields

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- Easy access and signposting to GP commissioning who have had good ideas and have been backed up with funding
  - Family support work for vulnerable families
  - Health Visitor support
  - Clinics


### Holy Apostles

- Places and opportunities for groups to meet together
- clinics



## What are the biggest barriers to healthy living in the ward?

- Limited access to health care
- Lack of knowledge re mental health support
- Cultural norms
- Poverty
- Low aspirations
- Lack of employment opportunities
- Lack of energy to change
- Reduction in number of projects offering free sports advice, nutrition etc.
- Lack of affordable shopping like Aldi and Lidl
- Poor adult education re: healthy lifestyle



## What are the biggest barriers to healthy living in the ward?

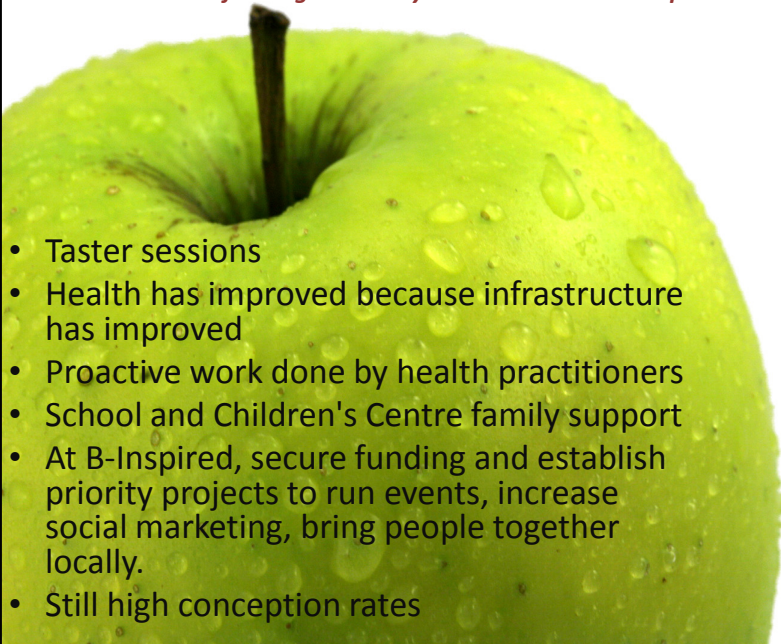
- Lack of education re: healthy living
- Lack of support for elderly
- Lack of motivation to access support
- Lack of breakfast
- Not knowing how to cook cheaper nutritious meals
- Lack of interest in own health
- GP's over prescribe medication for depression and do not support women to make their own choices about their reproductive rights

*Over ten years ago we saw the last intensive research in the area prior to the New Deal funding. How do you think health has improved since then?*

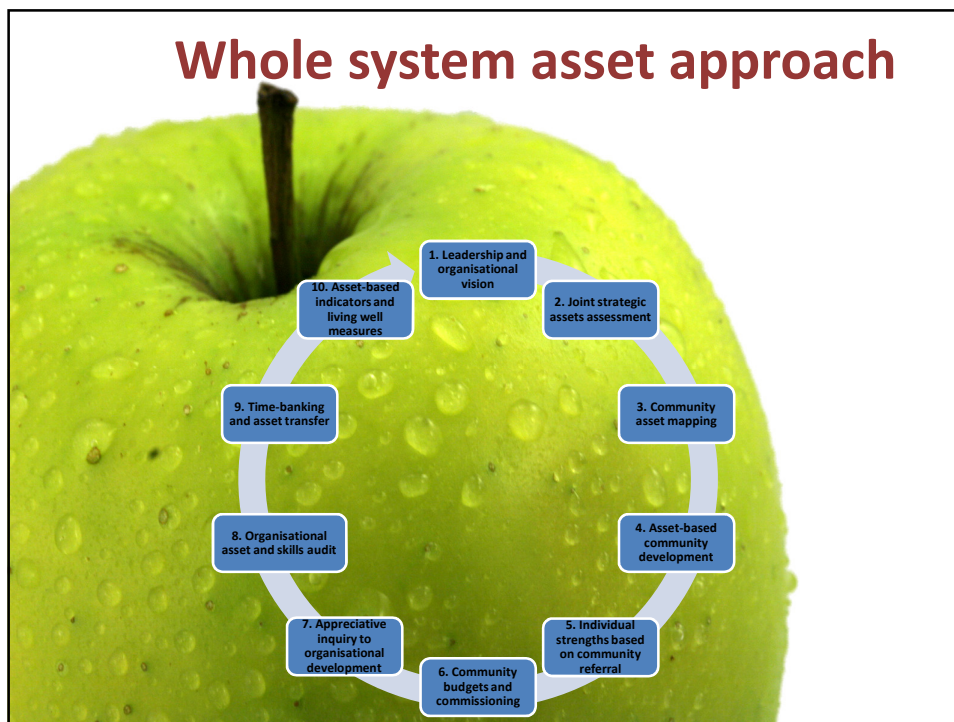


- Increased awareness of health issues
- Increased awareness about smoking being detrimental to health
- Housing improvements impacts on health
- Access to FAB
- Fitness opportunities at Leisure Centres
- New Leisure and Medical Centres – better facilities at centres
- Increased referral routes to specialist services

*Over ten years ago we saw the last intensive research in the area prior to the New Deal funding. How do you think health has improved since then?*



- Taster sessions
- Health has improved because infrastructure has improved
- Proactive work done by health practitioners
- School and Children's Centre family support
- At B-Inspired, secure funding and establish priority projects to run events, increase social marketing, bring people together locally.
- Still high conception rates



## What information do we want to achieve today?

<p><b>1. MAPPING EXERCISE</b></p> <p><i>Provide all the information in one place, which we add to and are committed to maintain</i></p> <p><i>This local information is something the Strategy Group will seek to access funding to continue in the future.</i></p> <p><b>3. VIEW OF WHERE YOU THINK WE ARE ON WHOLE SYSTEM APPROACH</b></p>	<p><b>2. SHOWCASE EVENT</b></p> <p><i>The opportunity to learn about what is available for sharing resources is crucial.</i></p> <p><i>This event will enable providers to work together and learn about services in Braunstone and across Leicester in order to increase access of services for Braunstone residents.</i></p> <p><i>This will build up the knowledge, the "social capital" of local services.</i></p> <p><b>4. FOCUS ON BUILD UP OF SOCIAL CAPITAL</b></p>
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## Strategic Board

- Experience of Raising Attainment Group initiated at B-Inspired. Expect this to model the same structure, developing a partnership approach to a thematic issue of positive health and wellbeing in Braunstone.
- The Strategic Board will have representation from organisations across Braunstone, including health services, community services and voluntary organisations.