

Leicester City Council

November 2023

# Public Health – Winter Planning

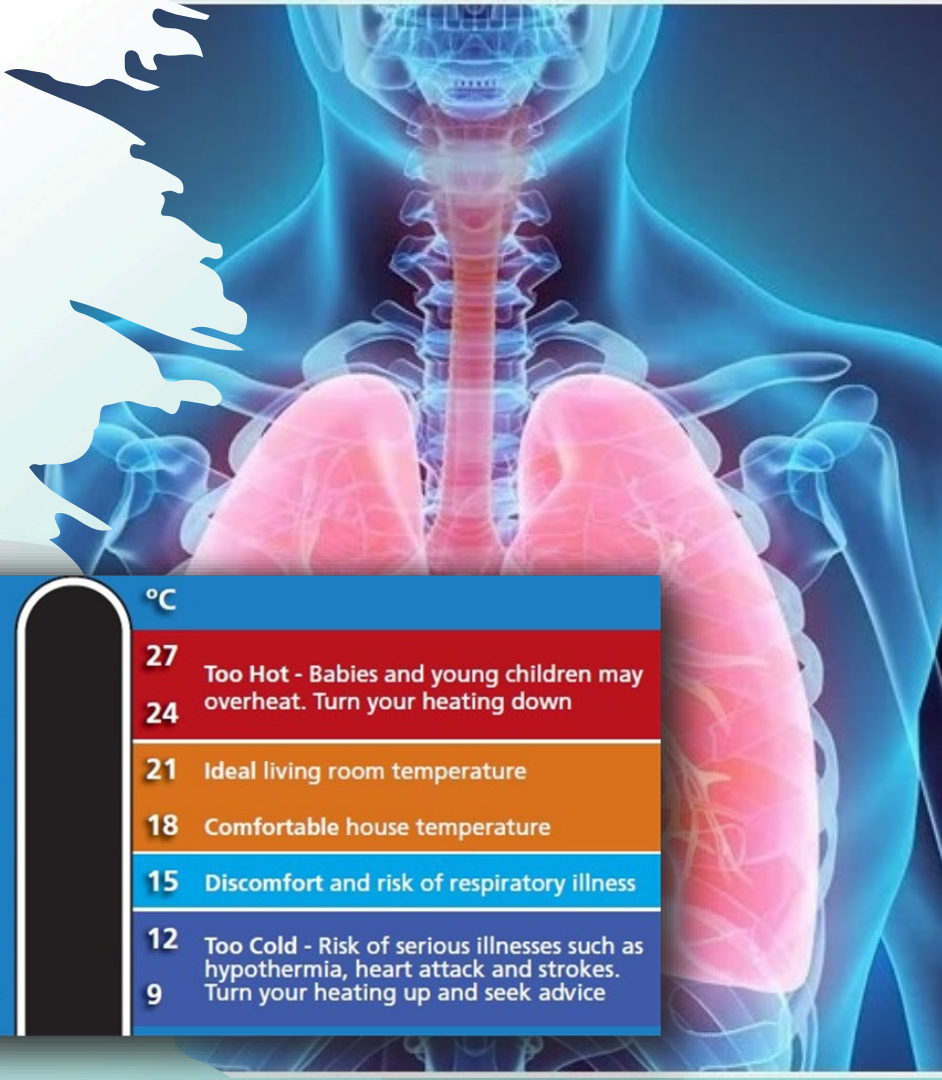
Gurjinder Bans & Kate Huszar; Programme Managers in Public Health

# Contents

- ❑ Health impacts of cold weather
- ❑ Whole council response – cost of living IMT
- ❑ Public health contribution
  - Children and Young People: Baby basics & Leicester mummies
  - Food Poverty
  - Mental Health
  - Fuel poverty
  - Damp and Mould
  - Warm Spaces

# Health impacts of living in a cold home

- Estimate excess winter deaths
  - 10% attributable to fuel poverty
  - 21.5% are attributable to cold homes.
- Lowers immune system
  - increasing the risk of contracting colds/flu viruses which thrive in colder environments
- Causes/worsens cardiovascular and respiratory illness
  - e.g. strokes, heart attacks, heart disease, asthma
- Trips and falls
- Worsens pre-existing chronic medical conditions
  - e.g. chronic obstructive pulmonary disease (COPD)
- Mental health and wellbeing
  - increases likelihood of social isolation
  - known risk factor for suicide.



°F	°C
80	27
75	24
70	21
65	18
60	15
55	12
50	9

Too Hot - Babies and young children may overheat. Turn your heating down

Ideal living room temperature

Comfortable house temperature

Discomfort and risk of respiratory illness

Too Cold - Risk of serious illnesses such as hypothermia, heart attack and strokes. Turn your heating up and seek advice

# Who is at risk/most vulnerable?

- Older people (aged 65 and over)
- People with cardiovascular conditions
- People with respiratory conditions (in particular, chronic obstructive pulmonary disease and childhood asthma)
- People with mental health conditions
- People with learning and/or physical disabilities
- Young children (particularly those aged under 5)
- Pregnant women
- People on a low income

# Established support programmes



# What Public Health can influence



**Social Isolation**



**Damp and Mould**



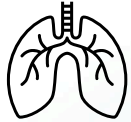
Physical Activity  
(WSATO)



Housing and Homelessness



**Mental Health**



Smoking



Community (Wellbeing Champions)



**Fuel Poverty**



**Children and Young People**



Oral Health



**Warm Spaces**



Health Protection



Sexual Health



**Food (Poverty)**

# Children & Young People: Baby Basics

- National charity - local branch in Leicester
- Leicester - second busiest branch nationwide
- Most people - volunteers
- Provide expectant, and new, families with the basics to support keeping baby safe and promote bonding and attachment
- Provision of cots and Moses baskets, nappies, cloths, bottles, steriliser, books etc
- Professionals refer families (people cannot self-refer).
  - 50% of referrals come via the Public Health Nursing (Health Visiting) team, and Public Health help fund transport too



Lead Officer: Clare Mills



**Baby Basics Leicester**



Tue at 20:19 · 🌐

One of our regular midwives we work with recently shared this with us- 'I walked into the hotel room of the client who has 5 children. I started bringing in the items, of which a double buggy was included. The mum was sitting in bed feeding her baby. The mum put the baby down and rushed over to me and threw her arms around me, sobbing with tears of joy. She could not believe her eyes at the items being delivered. To the majority of people, quite simple items really, but to her they meant everything.' 🥰

👍❤️👤 233

7 comments • 6 shares



Like



Comment



Share





# Baby Basics reverse advent calendar

"Baby-  
basics"  
Leicester

As a family, team or community find an empty box and take it in turns to put a NEW item in from the list during the Christmas season. Lets spread a little Christmas cheer and love to those that need some extra support at this time.

1. Nappies (size 0,1,2)
2. Nappy sacks
3. Baby sponge
4. Baby shampoo
5. Nappy cream
6. Cotton wool
7. 0-2yrs toothbrush
8. 0-2yrs toothpaste
9. Baby towel
10. Shape sorter/ Stacking toy
11. Baby rattle/ teething toy
12. Bath toy
13. Board book
14. Maternity towels
15. Sanitary towels
16. Breast pads
17. Ladies shampoo
18. Ladies Conditioner
19. Ladies shower gel
20. Adult tooth brush/toothpaste
21. Ladies Deodorant
22. Hand soap
23. Hand sanitiser
24. A box of chocolates

Or to buy off our wish list visit:

[www.forcommongood.co.uk/pages/baby-basics-leicester](http://www.forcommongood.co.uk/pages/baby-basics-leicester)

**Last date to drop off items -14th December 2023**  
**donationsbbl@gmail.com**



# Children and Young People: Leicester Mammas

- Supports any pregnant or new mum & baby/ families throughout the First 1001 Days, from pregnancy to 2 years
- Part of Leicester NHS Healthy Together Healthy Child Programme
- Women-led, mother-to-mother; evidence-based and specialist help
- Breastfeeding and all other feeding support – one-to-one and through groups
- Help to address adversity and food insecurity





# Leicester Mammamas

- **Breast Feeding Hospital Peer Support** - 7 women in total undertaking 10-week training. New cohort planned for February 24
- South Leicester Additional Funding – **Baby Café** (drop in feeding support and opportunity to connect with other mums); **Baby Massage** (starting 18<sup>th</sup> January); **Big Cook Little Cook** (Healthy meals on a budget)
- **Baby Massage** (5 week course) – West and East Leicester (Braunstone starting 20th Nov, Thurnby Lodge starting 14<sup>th</sup> November, Netherhall and Highfields starting January 24)
- **Baby & Me In-Person & Online Weekly Sessions** - topics such as Safe Sleep messages, Family finances, caring for baby teeth, weaning, returning to work
- **Mammamas Online Antenatal Courses**- Rolling programme of 4 sessions each month covering health in pregnancy, preparation for birth, getting off to a good start with breastfeeding and managing in the early weeks with a newborn
- **Free breast pump loan scheme** - 2020 - 30 loans, 2021 - 47 loans, 2022 – 51 loans, 2023 - 50 loans





# Healthy Start



Healthy Start is an NHS scheme to give eligible families financial support to buy essential food/drink items and access to vitamins

## Rushey Mead

Healthy Start Uptake: 36%

## North Evington

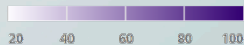
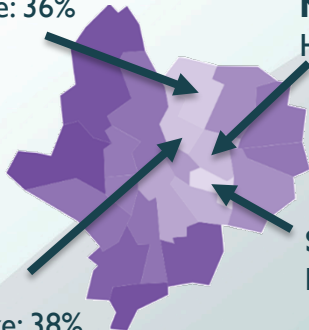
Healthy Start Uptake: 41%

## Spinney Hills

Healthy Start Uptake: 31%

## Belgrave

Healthy Start Uptake: 38%



Healthy Start Uptake July 23

## Healthy Start Steering Group

- Facilitated by Public Health
- Set up to share information and develop collaborative approaches to improve uptake
- Membership includes Leicester City Council, Leicestershire County Council, NHS, VCSE

## Online Training

- Training aimed at Health Professional

## Campaign

- Winter campaign to promote scheme



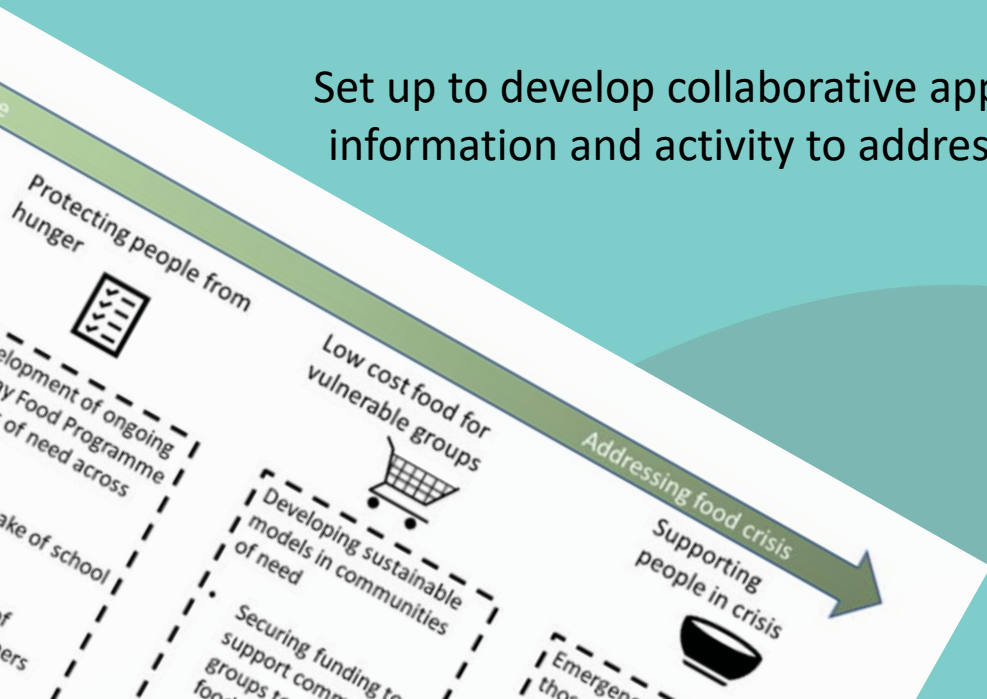
## Multi-agency partnership (from 2018)

Facilitated by Public Health, Chaired by Liz Kendall

Set up to develop collaborative approaches, share information and activity to address food poverty

### Membership includes

LCC, NHS, Universities, VCSE  
(Local and National inc. Reaching  
People, Community Advice and  
Law Service (CALs), Trussell Trust,  
Feeding Britain Charity)



# Feeding Leicester's Themes

Building resilience

Addressing food crisis

Building food security



- Training and support to schools and early years to create good food knowledge and culture
- Enabling food growing provision in schools and communities
- Piloting of cooking skills courses
- Supporting community social eating spaces

Protecting people from hunger



- Development of ongoing Holiday Food Programme in areas of need across the city
- Increase uptake of school meals
- Boosting uptake of Healthy Start vouchers

Low cost food for vulnerable groups



- Developing sustainable models in communities of need
  - Securing funding to support community groups to develop food offer
  - Trialling food pantry and community food sharing models

Supporting people in crisis



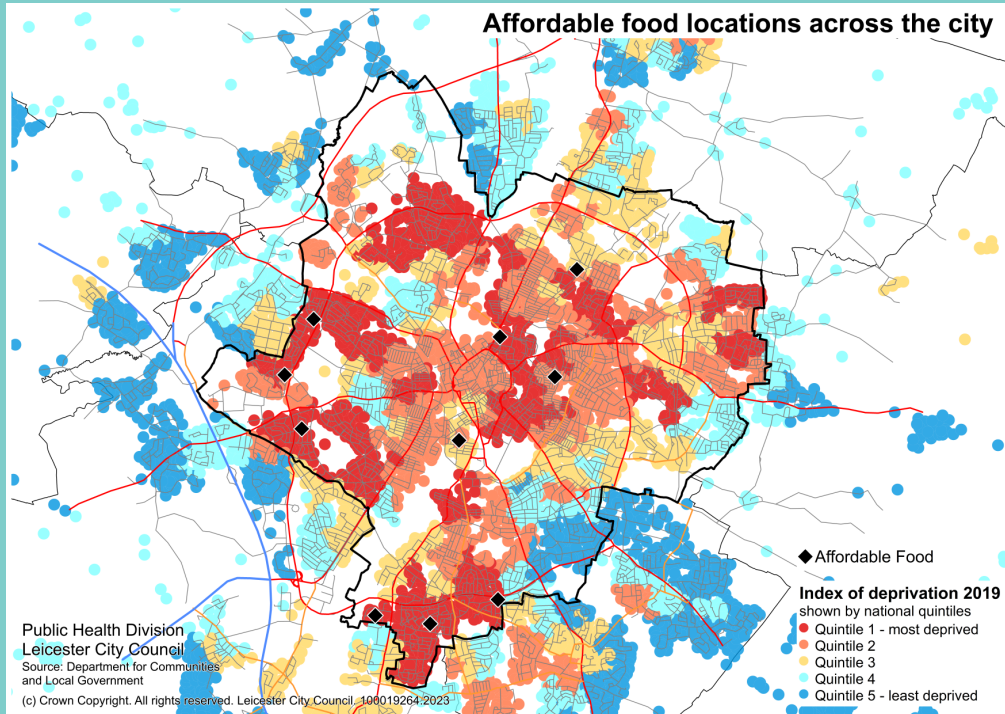
- Emergency provision to those in immediate need
- Understanding need through data collection
- Support to food bank network incl:
  - quality of surplus food incl. nutritional value
  - Advice and support offered Food Banks

# Food Aid Provision in the City

- **'Charitable' aid** – 22 food banks in the city since 2013 (R&CS review)
- **Bespoke support** to Food Aid Projects in City – Reaching People Charity – Funded by R&CS, LCC
- Development of an **emergency food partnership** across 22 Food Bank in the city
- Development of **debt and advice offer** focused within 6 food banks in the city
- **Supporting projects to be self-sufficient**/development of 'co-operative' style partnership being explored
- **Last 3 years unprecedented funding** to Food Aid projects via Housing Support Fund
- **Longer term** – reducing dependency on food aid, supporting low-cost food pantry models (map next slide) - strengthening partnership to explore bulk buying/increase access to nutritious food and reduce dependency on food aid



# Low-Cost Food 'Pantry Models'



Over 10 projects in the city

Offering reduced cost food  
Widening inclusion to offset  
'stigma' associated with  
'foodbanks'

Sustainability key objective and  
challenge

# Community support and mental wellbeing

- Financial worries have an impact on mental wellbeing, making it more difficult for people to manage and putting them at greater financial and psychological risk.
- Public Mental Health, Community Advice and Law Service (CALS) and Reaching People to deliver Foodbank Plus since April 2022. The emphasis of the work is the impact of financial adversity on mental health.
- Financial advice and signposting people to local schemes supportive of mental wellbeing. For instance, friendship groups, organised walks, growing schemes.

# Community support and mental wellbeing

The public mental team is supporting initiatives to develop social capital to promote resilience to mental health problems. These include:

- **Volunteer Co-ordination:** Promote initiatives and self-supporting groups in neighbourhood and community venues.
- **Study support:** A warm place after school for young people to do their homework in a warm environment and for parents to gain some confidence in helping their children with their schoolwork.
- **Mental Health Friendly Places:** Free access to short courses to help people to feel comfortable and confident to have conversations about mental health.
- **Counselling support:** Counselling for people accessing fuel poverty support, who have problems with undiagnosed anxiety.

# Fuel Poverty and Health Programme

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## Leicester Energy Action

Funded by LLR Integrated Care Board

Delivered by NEA and Leicester City Council – Public Health Division



Leicester, Leicestershire  
and Rutland



# What is Fuel Poverty?

## Definition:

National Energy Action defines fuel poverty as when a household spends 10% of its income on keeping its home at a satisfactory heating level.

The UK government's definition for fuel poverty in England uses the Low Income Low Energy Efficiency (LILEE) indicator. Under this indicator, a household is considered to be fuel poor if:

*It is living in a property with a fuel poverty energy efficiency rating of band D or below, and when they spend the required amount to heat their home, they are left with a residual income below the official poverty line.*

# Leicester Energy Action

January 2023  
Project  
underway

Recruitment  
and training

Project  
infrastructure  
and processes.  
Outreach  
underway.

February 2023  
- Advice  
Service  
Launches. LCC  
Housing  
Teams/Comm  
unity Groups

March 2023 -  
First C&G  
Training  
Course. 89  
Referrals to  
the Advice  
Service.

April to  
September  
2023 -  
growth of  
the service

NHS Teams,  
social  
prescribers,  
further  
community  
group/VCS  
connections -  
many more...

Advice Service  
referrals  
averaging  
around 30 per  
week and  
growing.

2 further C&G  
courses  
delivered,  
webinar  
courses  
consistently  
oversubscribed  
Primary School  
Sessions  
successful

October to  
December  
2023 (close of  
year one) -  
Being ready  
for Winter.

- Advice Service
- Outreach
- Training
- Education





Energy efficiency/health impacts

Damp/mould in properties

Managing energy debt/negotiating with suppliers

Linking to government support/tackling barriers such as digital exclusion

Linking to existing retrofit schemes

Long-term solutions as well as short-term remedies

# Claire's Story

Claire is 69, living in three-bedroom house. Language barrier and a visual impairment - unable to read fuel bills and other correspondence

Had an unsuccessful knee replacement - cannot walk without assistance. Long term illness and fear of not been able to afford to keep her family warm

Claire's health conditions leave her isolated, suffering with severe depression and anxiety, and she had a debt of £680.10 with British Gas

Claire was also struggling with food - not accessed local food banks as anxious about facing stigma

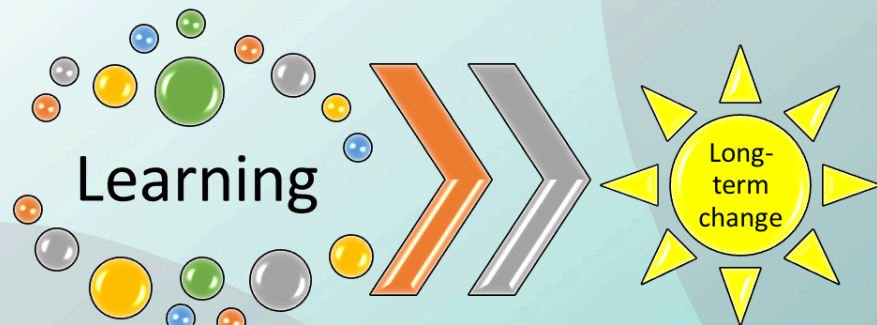
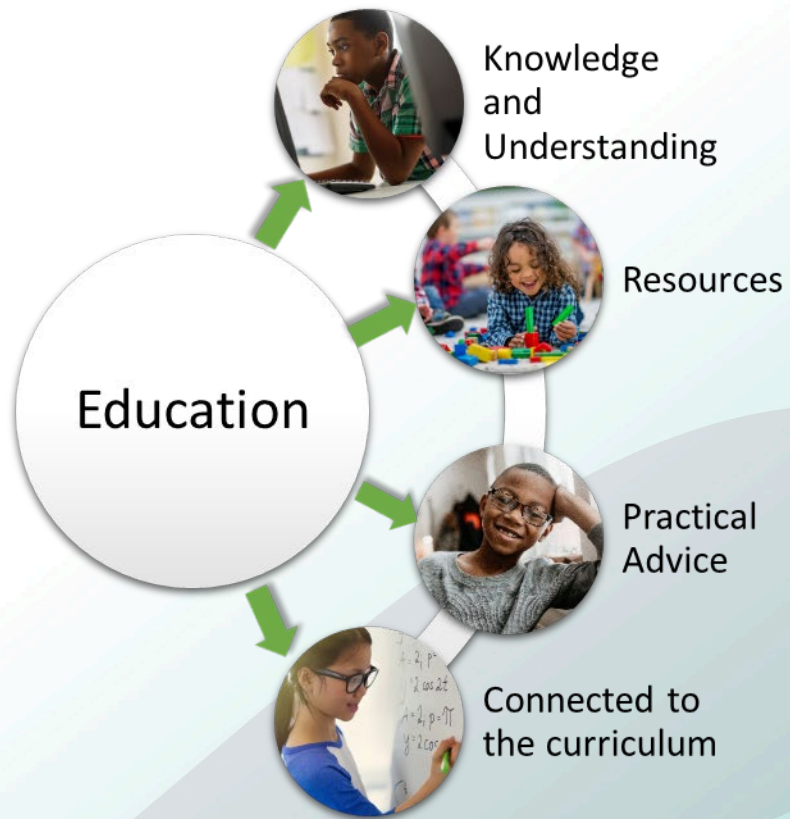
- Conducted a home visit and a conference call with client and supplier - uncovered that the client was in credit.
- We worked with British gas to reduce the Claire's monthly payments from £92.82 to £69.01 per month for the next 12 months.
- We put Claire on the priority services register, and so now she will be sent bills monthly in large print

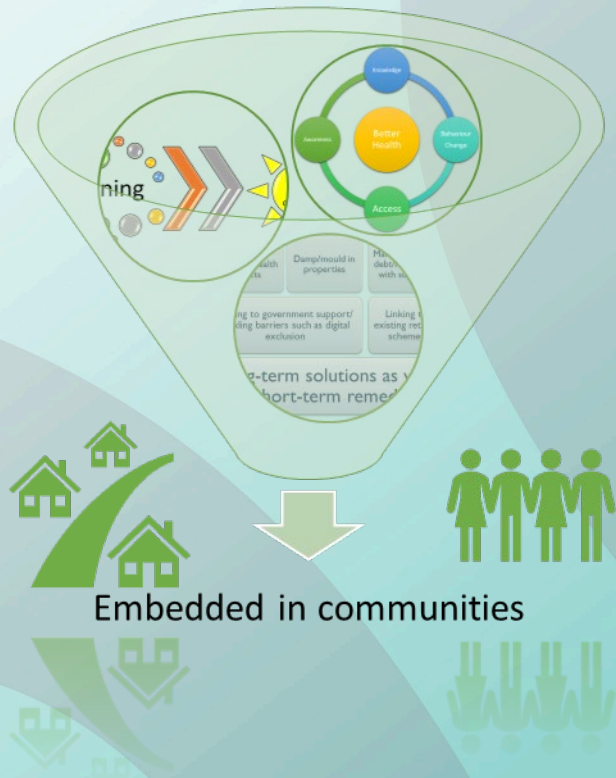


- Referred to We Care UK for a food parcel - tailored to the clients' needs and delivered to her home.
- Signposted to Zinthyia Trust for benefits advice, Age Concern for befriending, Vista Blind for assessment and support, and applied for the Severn Trent Water Big Difference Scheme.
- Worked with Claire around efficient use of appliances, healthy room temperatures, heating and hot water controls, keeping warm and healthy in colder weather, and low-cost energy efficiency behavioural changes.









# Winter warmth packs



Funds would support Winter Warmth Support Packs for our most vulnerable and at-risk clients.



Each pack contains household energy efficiency items and guidance.



Packs are developed by our Fuel Poverty Programme partners, National Energy Action.



Distribution to discharged NHS patients returning to cold homes, to homes identified by Health Visitors, and to patients on virtual wards.

Thermometer card.

Warm, wearable Blanket.

Vacuum flask.

Windable torch

LED Lightbulbs.

Draughtproofing strips.

Internal door draughtproof

Radiator Reflector Panels

Packets of soup

Hoodies

Home energy checklist electricity appliances usage

NEA Leaflets

Further info leaflets

Baby Cardigans

# Damp and mould



- **Causes:**
  - Inadequate ventilation,
  - Excess moisture,
  - Inadequate insulation,
  - Inadequate heating
- **Health impacts:**
  - Respiratory impacts, particularly for children e.g. asthma
  - Coughing/sneezing, sinusitis, rhinitis,
  - Skin problems
  - Headaches and migraines
  - Watery, itchy eyes
- **What we're doing:**
  - Referrals from fuel poverty advice service
  - Respiratory JSNA update
  - Damp and Mould HNA/HIA

# • Warm Welcome

• Public Health, Adult Learning and Neighbourhood Services – free activities in a safe space

- Community Centres and Libraries
- Information on website
- [Warm welcome awaits at Leicester libraries this winter](#)

- **Let's Get Resourceful courses**
- Eat well on a budget
- Keep warm in the home
- Sew to save

- **Taster sessions**
- Jewelry, festive cards gonks and more....

## A Warm Welcome awaits at your local library

Dark evenings and cold winter months can be challenging. Our Warm Welcome Spaces offer a friendly, safe space to keep warm, have a hot drink, make friends and use our free services.

[leicester.gov.uk/warmwelcome](http://leicester.gov.uk/warmwelcome)



# Free activities and support

## 'Let's Get Together'



Let's Get Together!

- Meet new people in familiar locations
- Come and join us for led walks, light gardening, crafts and other activities or simply for tea and chat
- Explore volunteering opportunities across the city

Find out more at [leicester.gov.uk/together](http://leicester.gov.uk/together) or email [bringingpeopletogether@leicester.gov.uk](mailto:bringingpeopletogether@leicester.gov.uk)

Logos: Let's Get Together, Adult Education, Leicester Museums & Galleries, Live Well Leicester, Leicester City Council

Free activities :

- Together Tables \* Health Walks
- Sociable strolls \* Gardening
- Volunteering opportunities



Leicester Adult Education

## Let's Get Digital

The internet can be great for your health and wellbeing!

Sessions are happening across the city!

Join us at your local venue.

Learn using your own smartphone or tablet. You can also loan a device for free from the library.

Our two, 3-hour sessions will teach you the skills to get online and help you to feel safe at the same time:

- Create safe logins for useful online accounts
- Access health services securely
- Use the internet to improve your wellbeing
- Reduce isolation by being more connected.

Call 0116 454 1900  
or visit [leicesteradulthood.ac.uk](http://leicesteradulthood.ac.uk) for more information and to book onto a course.

Logos: Facebook, Twitter, Instagram, leicesteradulthood.ac.uk, Let's Get Together, Leicester City Council

2 free 3 hour sessions.

- Social needs online
- Medical needs online

Email: [bringingpeopletogether@leicester.gov.uk](mailto:bringingpeopletogether@leicester.gov.uk)

## 'Let's Get Growing'



Let's Get Growing!

Find out how to grow your own food for free at events all over the city

Logos: TCU, Let's Get Growing, Grow Your Own Food Plan, Live Well Leicester, Leicester City Council

Free activities:

- Food growing courses
- Short workshops \* Free seeds
- Advice and support
- Volunteering opportunities