

# Report of the Director of Public Health 2012



**1848**

The first public health act passed aiming to improve sanitary conditions in England and Wales

**1918**

Spanish Influenza pandemic, approximately 50 million people killed worldwide

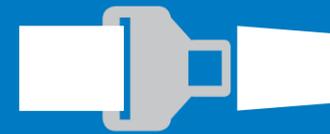


**1952**

The Great Smog – a minimum of 4,000 fatalities in London

**1974**

The responsibility for Public Health moves from local government to the NHS



**1983**

Compulsory wearing of front seat safety belts in motor vehicles

**1986**

The world's first major government-sponsored national AIDS awareness campaign launched



**2002**

Europe certified free from Polio

**2013**

The responsibility for Public Health moves from the NHS back to local government

**1854**

John Snow's famous investigation into the cholera outbreak around Broad Street

**1948**

Creation of the NHS

**1961**

The contraceptive pill launched, and made available for married women only



**1979**

Worldwide eradication of smallpox, almost 200 years after Jenner's first vaccine experiments

**1984**

First stretch of the National Cycle Network built in the UK opens between Bristol and Bath



**1988**

The world's first breast screening programme was launched in the UK

**2007**

New law passed to make virtually all enclosed public places and workplaces in England smoke free



**176,900** people reside in Bath and North East Somerset.



The population will grow by **12%** by the year 2026.

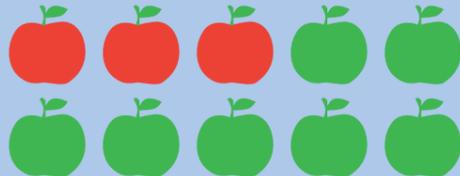
**31** athletes who competed at the 2012 Olympics and Paralympics trained at the University Of Bath Sports Training Village.



There are **15,995** 20-24 year olds in Bath and North East Somerset. That's 4,026 more than would be expected in England.

**10%** of the adult population class themselves as carers.

Only **30%** of people living in Bath and North East Somerset eat 5 pieces of fruit or veg a day.



There are approximately **10,000** people aged 80+ in Bath and North East Somerset.

Around **60%** of Bath and North East Somerset is designated as Green Belt



Around **23%** of the population of Bath & North East Somerset is under the age of 20.

Around **9%** of school children are from a black or minority ethnic group.

# Report of the Director of Public Health 2012

## Contents

- 4 Foreword by Paul Scott, Acting Director of Public Health
- 5 Councillor Simon Allen, Chair, Bath and North East Somerset Health and Wellbeing Board
- 6-7 Give every child the best start in life
- 8-9 Enable all children and young people to maximise their capabilities and have control over their lives
- 10-11 Enable all adults to maximise their capabilities and have control over their lives
- 12-13 Strengthen the role and impact of ill-health prevention
- 14 Create fair employment and good work for all
- 15 Ensure healthy standard of living for all
- 16-17 Create and develop healthy and sustainable places and communities
- 18 Further information
- 19 Acknowledgements

## Foreword



Thank you for taking the time to read the Annual Report of the Director of Public Health for 2012.

The report provides brief highlights of some of the key public health issues in Bath & North East Somerset. We describe some of the great progress that has been made over the last decade, with real improvements in most people's health. We also show how trends for some problems are going in the wrong direction. For a more detailed analysis of the health status of our local population please visit [www.bathnes.gov.uk/JSNA](http://www.bathnes.gov.uk/JSNA). Where possible, we have included stories in this year's report from people who have used local services so that they can speak about their experiences for themselves.

From April 2013, as part of the NHS reforms the responsibility for local public health moved from the NHS to Bath & North East Somerset Council. A recent national review into health inequalities (when some groups in our communities experience significantly worse outcomes than other groups) showed that there are many things we must continue to do to reduce this gap. Supporting families so that their children can have the best start in life. Helping young people and adults to gain key life skills in order to thrive. Enabling people to find decent housing and jobs and ensuring local neighbourhoods are places that support our wellbeing rather than harm it. Supporting people of all ages to keep actively involved in their community and to be able to access the services they need to best manage the

conditions affecting their physical and mental health. The Council already plays a huge role in these tasks and we look forward to supporting this work further in the coming years.

The NHS is also going through a huge period of change and will of course remain a key partner in improving and protecting the public's health. The NHS will continue to provide support for a range of issues such as smoking, weight management, alcohol, drugs and sexual health. It will also provide screening and immunisation programmes and we will work together to prepare for health emergencies such as severe weather or pandemic flu.

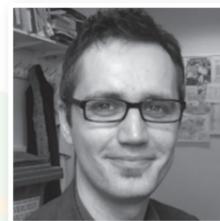
The impact of economic recession is likely to be felt most in the areas of our district which already have poorer health outcomes. Forthcoming changes in the welfare system also need to be prepared for to ensure our most vulnerable people are supported under the new arrangements. Local people, community groups, schools and businesses play a vital role in supporting one another to lead healthy lives and some of the stories in this report are great examples of that.

I hope you find the report interesting and perhaps even become inspired to consider your own role in working with us to tackle some of these issues.

**Paul Scott**  
Acting Director of Public Health  
Bath and North East Somerset Council

**“ We describe some of the great progress that has been made over the last decade, with real improvements in most people's health. We also show trends for some problems are going in the wrong direction.”**

## Foreword



Public Health has now transferred into the Council team. I welcome this new approach and the opportunity for greater local leadership and involvement in public health programmes. Together with public health we will make preventing ill health and living well a part of the day to day activity of the Council.

My aspiration for Bath and North East Somerset is of a healthy and well community where everyone shares the same life chances and opportunities. Achieving this is no easy task but everything we do must aspire to the goal of improving the health and wellbeing of local people and communities.

Partners and agencies across Bath and North East Somerset have come together through our new Health & Wellbeing Board to work with me on the Joint Health & Wellbeing Strategy.

This integrated approach will seek to prevent ill health and to support people who are unwell. Our emphasis is on caring for vulnerable people such as those with dementia or autism and those of us living with long term conditions, such as diabetes. It is also by helping to improve skills, education, employment, and encouraging

people to stay healthy that we will make our Health & WellBeing Strategy a reality.

Over the past 2 years I have met hundreds of local people and listened to their views of local health and social care services. This has helped us to understand what works well and areas that need to improve. This local knowledge will form a central part of the Joint Health & Wellbeing Strategy and our plans for local health & wellbeing services.

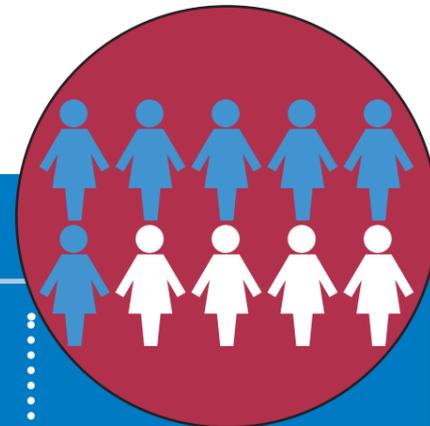
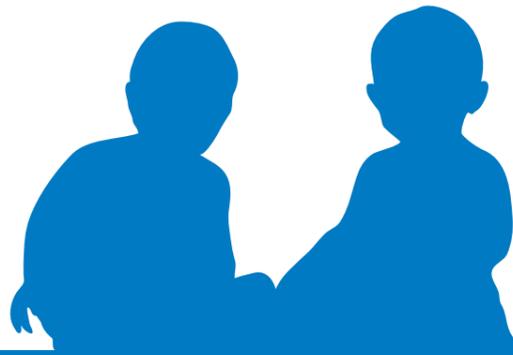
No one should underestimate our determination to make a difference. The Joint Health & Wellbeing Strategy is not just a strategy to help people who are unwell, it is an attempt to integrate local services from housing to parks, from planning to leisure, to prevent ill health and make sure that people live as independently as they can for as long as they can. By working together and placing Public Health at the centre of all that we do, I believe we can make lasting change in Bath and North East Somerset.

**Councillor Simon Allen**  
Chair, Bath and North East Somerset Health and Wellbeing Board

**“ By working together and placing Public Health at the centre of all that we do, I believe we can make lasting change in Bath and North East Somerset.”**

# Give every child the best start in life

What happens in early childhood can have lifelong effects on health and personal success.



## KEY INDICATORS



**Local improvements in infant mortality**  
Bath and North East Somerset has an infant mortality rate which is almost half of that seen nationally.

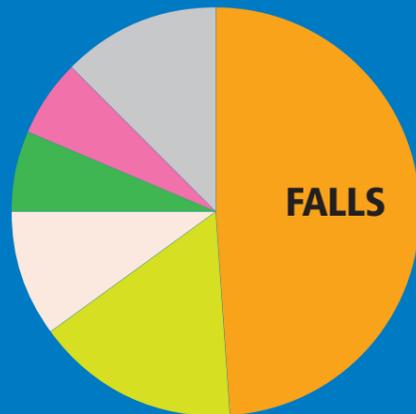
### Unintentional injuries

Hospital admissions for transport related injuries amongst under 18s have fallen by a third in the last 10 years.

Since 2006 there has been a downward trend in hospital admissions due to injuries amongst children aged 5 – 17 years. However emergency admissions of under 5s due to injuries have been rising.

The top five causes of unintentional injury to under 5s are:

- 1 Falls: 49%
- 2 Accidental poisoning: 16%
- 3 Strikes, crushes and jams: 10%
- 4 Foreign body or object 6.5%
- 5 Burns and scalds: 6%
- Other: 12.5%



Since its launch in 2007 the Bath and North East Somerset Home Safety Equipment Scheme has helped 889 families to keep their children safe through the provision and fitting of free safety gates, fireguards and smoke alarms. Families access this scheme through their Health Visitor.

### Immunisation rates

The number of children in Bath and North East Somerset receiving the Measles, Mumps and Rubella jab (MMR) by their fifth birthday is 6% lower than the national target of 95% and the level of uptake varies between GP practices from 100% to 75%.

However, over the last ten years the total number of children in Bath and North East Somerset receiving the MMR by their fifth birthday has increased by approximately 10%.

All childhood immunisations are a way of protecting children from life threatening diseases, for this reason improving the numbers of children receiving immunisations across the whole of Bath and North East Somerset is an area where increased focus is already showing good results and will continue into the future.

### Breastfeeding uptake rates

6 out of 10 women in Bath and North East Somerset are breastfeeding their babies at 6 – 8 weeks compared to 5 out of 10 nationally. Younger mums are less likely to breastfeed and rates vary widely across the area. Breastfeeding is fundamental to improving the health outcomes of children from disadvantaged communities.



The Bath and North East Somerset Baby Feeding Hub drop-in works with mums aged 25 and under to support and help them to be successful at breastfeeding.

[www.facebook.com/thebabyfeedinghub](http://www.facebook.com/thebabyfeedinghub)

## Case Study: Two great reasons to quit

With two children under 4 and twins on the way, Emma found herself at the start of 2012 contemplating bringing up four children alone in a second floor flat. She had been bleeding every day with this pregnancy and was smoking 30 cigarettes a day by the time she met Dawn, the Specialist Smoking Cessation Midwife for Bath and North East Somerset. Four days after making a plan and using Nicotine Replacement Therapy (NRT) to manage cravings Emma text Dawn to say 'I haven't had a fag since you left. I don't feel that bad in myself. I'm trying not to think about it too much. I look at it like the twins haven't had to breathe in over 100 fags in the last 4 days so that is keeping me going'.



Emma with her twin girls

smoked for the rest of the pregnancy. She is now living in a new house and can afford to run a car.

As Emma had smoked through her previous pregnancies Dawn asked what had made the difference this time. Emma said 'I wanted to do it this time because I knew that with twins I would have them early, perhaps at 25 weeks and they would be small, and I know smoking starves them. I bled every day and had 13 scans but never bled again the day after I stopped smoking.'

**“I look at it like the twins haven't had to breathe in over 100 fags in the last 4 days so that is keeping me going.”**

# Enable all children and young people to maximise their capabilities and have control over their lives

All children and young people should be given the same opportunities to enable them to thrive.

## KEY INDICATORS

### Education

In Bath and North East Somerset 80% of boys and 85% of girls gain five or more GCSEs graded at an A\*-C. This is a 10% rise over the last ten years.

+10%

### Sexual Health

The teenage conception rate in Bath & North East Somerset is the lowest in the South West. It has reduced by 22% in Bath and North East Somerset since 1998.

22%

Chlamydia is the most commonly diagnosed sexually transmitted infection in the UK. Young people aged 15 – 24 are more at risk of being infected with chlamydia compared to other age groups. Locally 1 in 4 young people have a chlamydia test every year. We aim to increase the number of young people being tested and treated.

Bath and North East Somerset has the highest number of services in the South West which have been accredited with the SAFE standard for being young people friendly.



### Obesity

In Bath and North East Somerset 1 in 4 children has an unhealthy weight when they begin school in reception year. By year 6 this has increased to 1 in 3.

#### SCHOOL RECEPTION YEAR



#### YEAR 6



The School Nurse Service carry out the weighing and measuring of local children and are able to refer families on to a range of public health funded interventions including community play and family lifestyle programmes.

## Case Study: Healthy schools, healthy children

An interview with Jean Welch, Deputy Head teacher, Farrington Gurney Church of England Primary School.

**Good morning Jean, could you describe your healthy schools journey to date?**

We were the first school in Bath and North East Somerset to get the original healthy schools certificate back in 2002. Since then it has moved on with Healthy Schools Plus and now the Director of Public Health (DPH) Award which we have embraced fully.

Our local DPH award builds on the national Healthy Schools programme and feels like a natural progression for us. Bath and North East Somerset has always been a front runner of new developments like this, we are fortunate locally as I believe a lot of other areas don't have anything now.

**The DPH Award comprises the healthy schools and the healthy outcomes certificate and you have just achieved your healthy schools certificate. Congratulations, could you tell us a bit about what was involved?**

Well, the children helped put together information for the schools website to show all the things we are doing from healthy snack time, cookery bags, buddying, and growing projects.

The healthy outcomes certificate focuses on measuring change and identifying and making a difference for the more vulnerable children and those in challenging circumstances. It's great to have support from Judy, the coordinator, to highlight the best targets and how we can measure them.

**So what are you doing for the healthy outcomes certificate?**

Our whole school priority at present is growing projects. We have been given an allotment and we want to involve everyone in growing and cooking, understanding where the food we eat comes from.

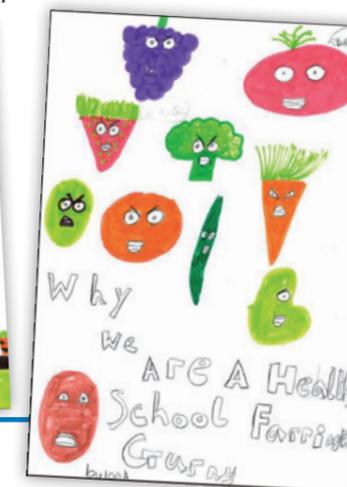
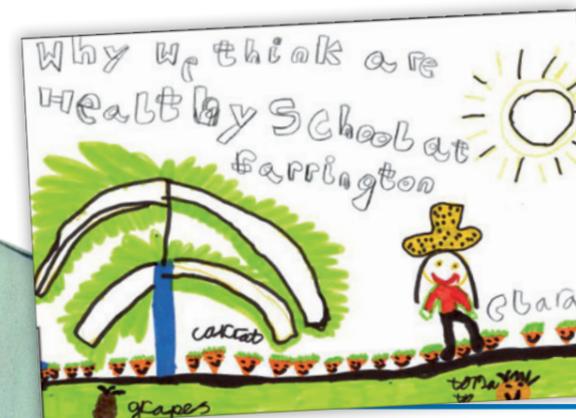
We are also looking at a project to link cycling, creative writing and literacy. We are calling it 'Bike and Write', and think it has great potential to increase the children's confidence and perseverance.

**In summing up?**

It is important to say that all our work on health and wellbeing for healthy schools, healthy schools plus and now the DPH Award is a real whole school effort. I couldn't do any of it on my own and it is great that everyone; children, staff, parents and governors are on board and doing their bit.

[www.directorofpublichealthaward.org.uk](http://www.directorofpublichealthaward.org.uk)

We asked Farrington Gurney pupils to tell us what makes their school healthy – here's what they came up with...



# Enable all adults to maximise their capabilities and have control over their lives

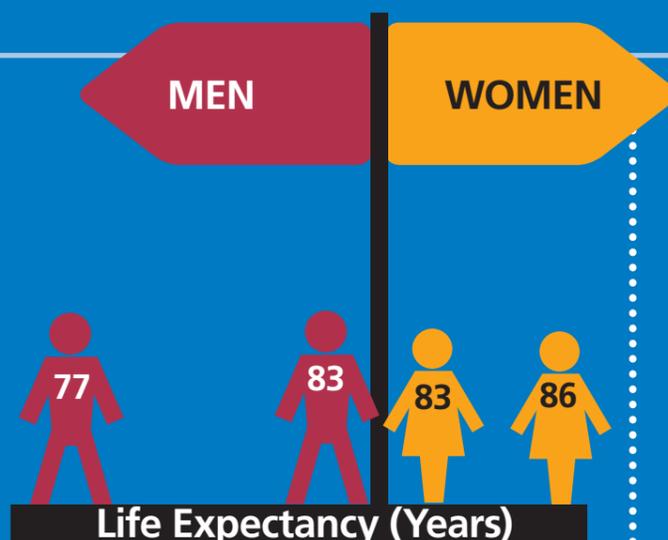
The habits of lifestyle affect our health and wellbeing, which have an impact on our potential for employment and a good quality of life. It is important to ensure that all people in Bath and North East Somerset are supported to make the best lifestyle choices.

## KEY INDICATORS

### Life expectancy

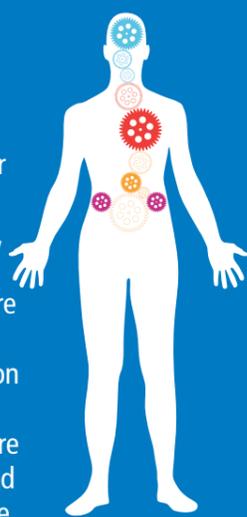
Overall people in Bath and North East Somerset can expect to live longer than the England average.

However there are differences in life expectancy amongst men and women and also between areas. There is a three year difference in life expectancy for women living in different areas of Bath and North East Somerset and a 6 year difference for men. Half of this difference is caused by smoking. A combination of life chances and lifestyle influence life expectancy.



### NHS Health Checks

In 2012 over 5,000 people took up the offer of a free NHS Health Check which helps to identify your risk of developing heart disease, stroke, Type 2 diabetes or kidney disease. Where issues are identified advice and support on how to reduce your risk is given. If you are aged between 40 and 74 your GP will invite you for a check once every 5 years.



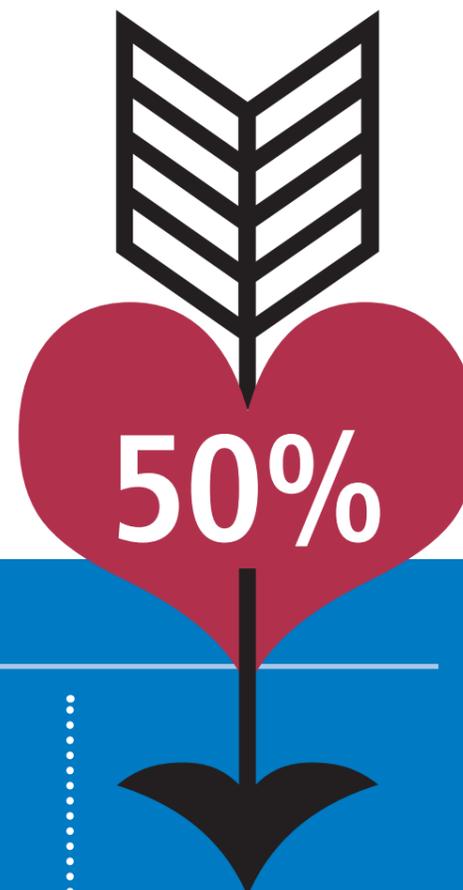
### Smoking

In 2004, 23% of people in the region smoked tobacco. By 2012 numbers of smokers in Bath and North East Somerset had fallen to 16% which is one of the lowest levels in the South West.

However there are significant differences in levels of smoking amongst different groups locally, with 1 in 4 people in routine and manual jobs smoking.

### Physical activity

Only 20% of people living in Bath and North East Somerset exercise for the recommended time each week.



### Coronary Heart Disease

There has been a significant reduction in the number of deaths from Coronary Heart Disease in Bath and North East Somerset. Over the last ten years deaths in men have reduced by over 40% and in women they have reduced by nearly 60%.

This large reduction in deaths from Coronary Heart Disease is predominantly a result of more effective treatment. Whilst we are now living longer, many people still have chronic long term conditions such as diabetes, high blood pressure, high cholesterol and angina which can significantly affect quality of life and use of health services. These conditions are often preventable.

## Case Study: 'Cook It'

'Cook It' is a free 6 week cooking skills course for parents and carers, with crèche facilities provided. Marcia, a busy mum from Bath, joined the course because she wanted to cook healthy meals for her children but her lack of confidence in the kitchen meant she was frightened to try new recipes. "I know so many mums complaining that they do not have time to cook because it takes a long time and it is

too complicated and I totally understand them because I used to feel that way. Having the chance to have a practical lesson with all the ingredients and recipes ready for us to cook was great for me to see that if I get organised before I start cooking, then making a recipe can be a great experience. The best of all is that my family diet has changed a lot for the better. No doubt about this"

Sirona Healthy Lifestyle Service provides free advice and support to stop smoking, lose weight, eat healthier, get more physically active and learn cooking skills [www.sirona-cic.org.uk](http://www.sirona-cic.org.uk)



## Case Study: Getting active

Nicola Windless is a local Mum who has had a lot on her plate in recent years including caring for her father in law, managing a part time job as well as a home and 3 children. Nikki had started to feel low and didn't feel as though she was coping as well as she could, which in turn knocked her confidence and self-esteem. When Nikki's doctor suggested referring her to the Lifestyle Service to help manage her weight and get more active she jumped at the chance.

Nikki started the Passport to Health exercise programme

in November 2012, using the gym 3 days a week with guidance and support. Three months on and Nikki's confidence and self-esteem have increased dramatically and her friends and family are glad to have the "old Nikki" back. Nikki has noticed she is less anxious and panicky and has stopped taking medication to help control her nerves.

"Passport to health was the best thing for me; I am pleased with the help that I have received from the team on controlling my weight and helping me with my fitness."



# Strengthen the role and impact of ill health prevention

Smoking, obesity, lack of physical activity and poor nutrition affect different groups in society depending on their standard of living. Reducing health inequalities requires a focus on these health behaviours.

## KEY INDICATORS

### Improving mental health

There are a higher number of adults in Bath and North East Somerset with depression than the national average, and high numbers of hospital admissions for self-harm.

It is not clear whether these high numbers are due to local services being responsive and accessible or whether there is a larger issue of mental ill health in Bath and North East Somerset. This is an area of current focus to improve our knowledge locally.

### Seasonal Flu

Some people are more susceptible to the effects of seasonal flu and it is important that these people have their flu jab. This winter the uptake of flu vaccine in over 65s fell by 12% compared to winter 2011. Uptake also fell amongst younger at risk populations such as those with long term conditions, pregnant women and frontline health and social care workers.

This is an area of future focus to ensure that those people most at risk within our communities are contacted and protected.



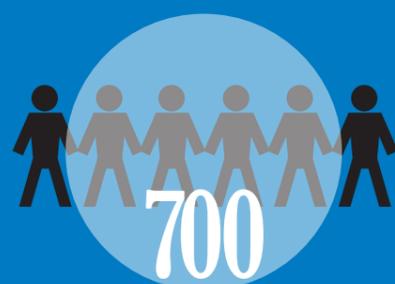
### Cancer

The rates of mortality from cancer in men and women in Bath and North East Somerset have reduced significantly over the past 17 years, 19% reduction in men and 20% reduction in women. This reduction in the risk of death from cancer is a result of earlier detection, more effective treatment and prevention services. Four in ten cancer cases could be prevented by lifestyle changes such as not smoking, cutting back on alcohol, keeping a healthy body weight and keeping active.

### Screening

National Cancer and Non-Cancer Screening programmes play a key role in identifying people who may be at increased risk of diseases such as bowel cancer or diabetic retinopathy. All programmes in Bath and North East Somerset meet with rigorous quality standards and achieve a consistently high uptake.

The Abdominal Aortic Aneurysm (AAA) Screening programme was introduced in 2012 for all men aged 65 and over. 700 men living in Bath and North East Somerset attended local clinics to have a scan of their abdomen during 2012. If an aneurysm is detected then a follow up scan is offered or referral to a specialist team for treatment.



700 men have attended AAA screening clinics



### Plain packs protect

340,000 children in the UK try smoking for the first time every year. Due to increasing restrictions on tobacco advertising in recent years tobacco packaging has become one of the tobacco industry's leading promotional tools.

Research suggests that plain (standardised) packaging would increase the impact of health warnings, reduce false and misleading messages that one type of cigarette is less harmful than another, and reduce the attractiveness of products to young people.

Australia became the first country in the world to require all tobacco products to be sold in plain packaging in December 2012.

Bath and North East Somerset Clinical Commissioning Group, Children's Trust Board and Wellbeing Scrutiny Panel responded in favour of introducing standardised packaging of tobacco products in the UK, during the 2012 Government consultation.

[www.plainpacksprotect.co.uk](http://www.plainpacksprotect.co.uk)

## Case Study: Football fan's health message to supporters

Football fan Darren Haines admits if it wasn't for his wife, Sally, he'd still be fretting about the lump he found in his testicle over six months ago.

After she urged him to see a GP, he was diagnosed with testicular cancer, has had an operation and is on a three year care plan at Bristol Royal Infirmary.

Now he is on the road to recovery he wants to get the message out to others not to ignore warning signs.

"My message is if you do find a lump - don't put it to the back of your mind, do go to the doctors. If I found another one now I'd be straight there - I'm passionate about getting the message across."

Darren Haines, campaigning for men's health

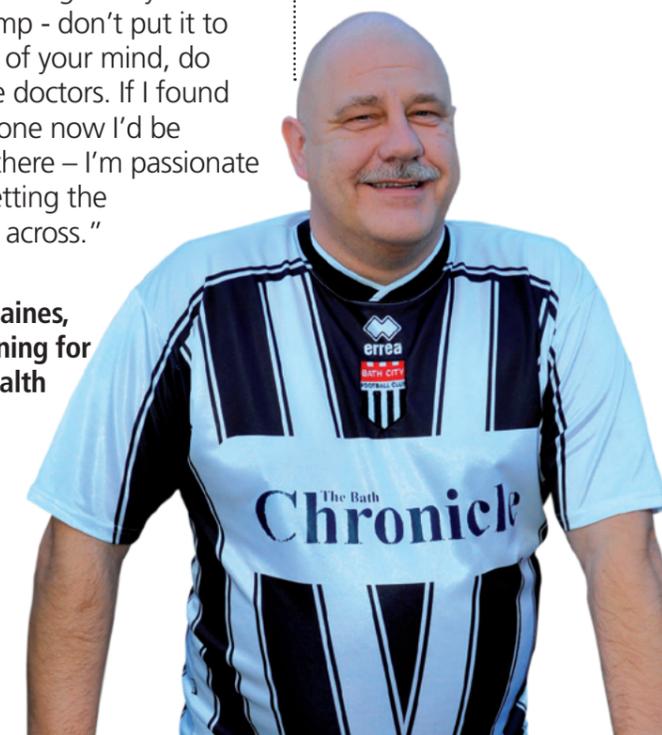


Photo © Sirona Care & Health

Darren discovered the lump after seeing a health promotion message encouraging men to regularly check their testicles, in the calendar produced by Sirona Care & Health and Bath City FC.

Now he is planning on holding a collection for a testicular cancer charity during 2013 at the Club's home ground, Mayday Trust Park, which he hopes will also raise awareness of the condition and the importance of regular checks.

**“ My message is if you do find a lump – don't put it to the back of your mind, do go to the doctors. ”**

# Create fair employment and good work for all

Making sure that everyone has access to meaningful daily activity is crucial for reducing health inequalities.



## KEY INDICATORS

### Unemployment rate

The percentage of people who do not have a job in Bath and North East Somerset is significantly lower than the English average. However there has been an increase in the number of people without employment in Bath and North East Somerset over the past few years which is a cause for concern and area for future focus.

### People claiming benefits

8,500 people in Bath and North East Somerset are claiming out of work benefits. Of these more than 2,500 are claiming incapacity benefit as a result of a mental health concern, such as depression and anxiety.



## Case Study: Workplace Wellbeing Charter

The Workplace Wellbeing Charter is an opportunity for employers to demonstrate their commitment to the health and wellbeing of their workforce by taking a holistic approach to common workplace problems like stress and anxiety. Leadership, culture and communications are at the core of the approach.

Sirona Care & Health, Bath City College and Bath & North

East Somerset Council's Waste & Library Services are the first group of employers to sign up to the Charter locally. They are currently being supported to undertake self-assessments on eight areas of staff health including mental health and wellbeing, smoking and tobacco-related ill-health, physical activity, healthy eating and alcohol and substance misuse.

Based on the self-

assessment employers decide which areas they would like to prioritise for action with the aim of improving staff productivity, retention rates, absenteeism, as well as making the workplace a supportive and productive environment in which employees can flourish.

[www.sirona-cic.org.uk](http://www.sirona-cic.org.uk)

# Ensure healthy standard of living for all

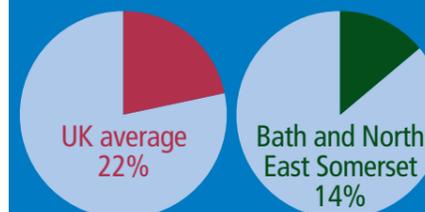
Having insufficient money and opportunities to lead a healthy life is a cause of health inequalities.



## KEY INDICATORS

### Child poverty levels

The percentage of children living in poverty in Bath and North East Somerset was significantly lower than the English average in 2009. However even though Bath and North East Somerset is affluent, there are still some areas considered to be alongside the most deprived in England and the level of children living in poverty has been increasing since 2009.



### Homelessness and temporary accommodation

Between 1998 and 2011 in the UK there was a significant fall in the number of homeless applications and the number of people in temporary accommodation. This trend was reflected in Bath and North East Somerset. The numbers of people living in temporary accommodation over the last 2 years have fluctuated between 20 and 37 but are still low compared to their peak in 2004 of over 100. Changes in national policy, such as welfare benefits, affordable rents and fixed term tenancies as well as wider economic factors such as mortgage availability, economic activity and levels of unemployment could result in both homeless applications and the number of people living in temporary accommodation rising.

### Decent Homes

In Bath and North East Somerset:

- 25% of all private sector housing is of a non-decent standard
- Between 17% and 21% of homes are in fuel poverty
- 30,000 homes have insufficient insulation



## Case Study: Low cost home loan scheme

The worried sister of a gentleman home owner in Bath and North East Somerset contacted Housing Services to ask for help with repairs. Her brother was living in a property with no heating, no hot water and poor kitchen facilities which meant he was unable to prepare food safely.



The windows and front door were also in poor condition and she was worried about his security. He was unable to keep warm and was at risk of falling ill.

Housing Services carried out a home visit and offered a low interest home improvement loan to fund the repair works. A referral to West of England Care & Repair was made to assist with obtaining quotes and to supervise the works.

The kitchen was transformed with a new sink, worktop and ceiling and a replacement boiler and central heating meant hot water and a significantly warmer home. New windows and front and back door ensured piece of mind in terms of security too.



# Create and develop healthy and sustainable places and communities

Communities are an important part of healthy living and provide the environment for improving or sometimes reducing physical and mental health and wellbeing.

## KEY INDICATORS

### Rates of crime

Total crime in Bath and North East Somerset has fallen consistently over the last 5 years, from 15,399 crimes recorded in 2006 to 10,319 recorded in 2011. The detection rate has also risen significantly in this time.

The number of reported robbery offences in Bath and

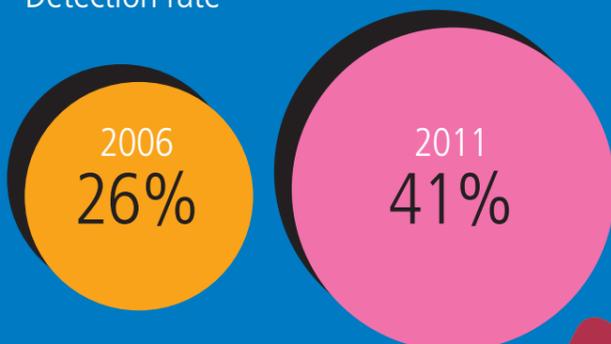
North East Somerset has fallen by almost 22% over the last eight years.

However, we know that a significant amount of crime is not reported, for example it is estimated that only 17% of domestic violence offences are reported to the police.

### Recorded crime



### Detection rate

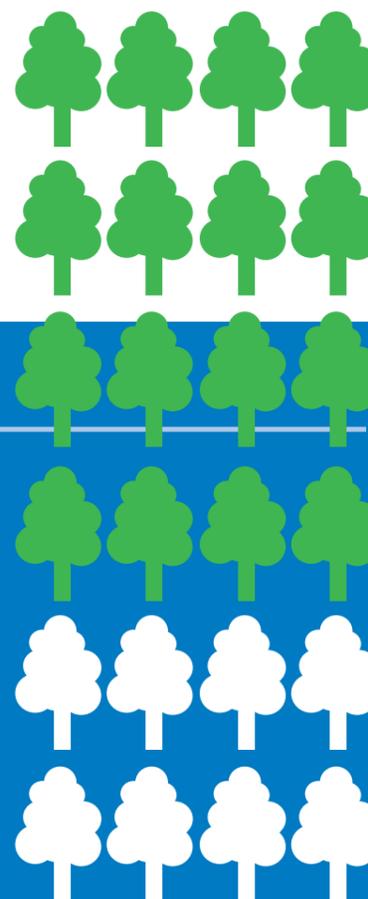
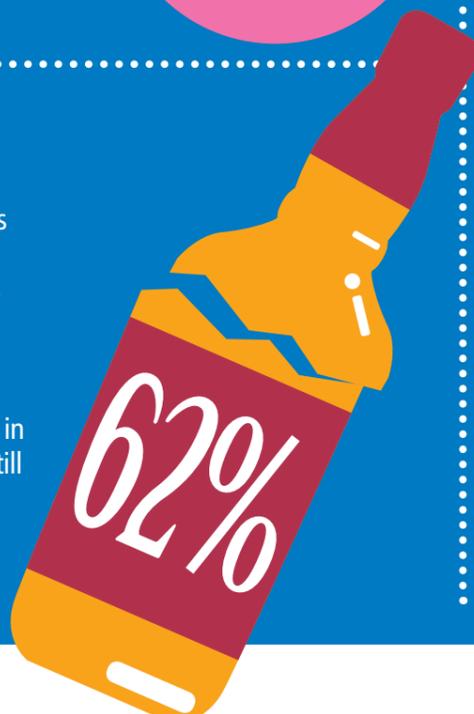


### Alcohol misuse

62% of offenders seen by probation in Bath and North East Somerset in 2011 reported misusing alcohol. Alcohol Treatment Requirements (ATRs) were introduced within the probation service in response to this high level of need and work by addressing alcohol misuse, alongside offending behaviour and health needs. A lower rate of reoffending has been observed amongst those who have completed an ATR.

In the last 3 years Bath and North East Somerset Drug and Alcohol Treatment services have gone from being one of the worst performing in the South West to being in the top third in 2012, and performance is still improving.

Alcohol related hospital admissions in Bath and North East Somerset have risen on average 12% every year since 2002.



### Access to green space

Two thirds of the area covered by Bath and North East Somerset is designated Green Belt which can play a vital role in the health of the population as a safe natural environment for play, exercise, and relaxation. The link between access to green spaces and improvements in mental ill health are well documented and its impacts on inequalities are something that warrants further investigation.

## Case Study: Mentoring Plus Gardening & Cooking Project

A successful grant application to the Public Health Healthy Lives, Healthy People Fund has meant young people at Mentoring Plus have been able to develop their own garden to grow fruit and vegetables. As well as giving them a break from the difficulties they may be experiencing in their lives, gardening brings them together as a team working in the open air, solving problems, being patient and doing something useful which brings delicious and healthy results. One young person, Hayden, is putting his new skills to good use at home, he plans to design a vegetable plot with



his mum and grow their own produce.

Dan said he enjoyed seeing the fruits of the group's labours.

"There wasn't a garden here before, just a massive mound of grass and mud. We dug all the grass up and built terraces and then planned what we were going to grow,"

Produce from the garden is used in the cookery group which teaches a range of practical skills. Young people work together to prepare a meal and then sit down together to eat it.

The group has since gone on to win the regional Daily Telegraph Gardening against the Odds Award.



Mentoring Plus gardening team (Photo: Bath Chronicle)

“There wasn't a garden here before, just a massive mound of grass and mud.”

## Further information

**For a detailed analysis of the health status of the population of Bath and North East Somerset please refer to the Joint Strategic Needs Assessment.**

[www.bathnes.gov.uk/jsna](http://www.bathnes.gov.uk/jsna)

### Key Strategies and documents

Public Health Outcomes Framework

<http://www.phoutcomes.info/>

Bath and North East Somerset Health and Wellbeing Strategy 2013

Contact: [Helen\\_Edelstyn@bathnes.gov.uk](mailto:Helen_Edelstyn@bathnes.gov.uk)

Bath and North East Somerset Sustainable Community Strategy 2009 – 2026

<http://www.bathnes.gov.uk/services/your-council-and-democracy/policies-and-plans/sustainable-community-strategy>

Bath & North East Somerset Clinical Commissioning Group Integrated Commissioning Plan

<http://www.bathandnortheast Somersetccg.nhs.uk/sites/default/files/BaNES%20CCG%20Integrated%20Commissioning%20Plan%20-%20Final%20Part%20One.pdf>

Bath and North East Somerset Children and Young People's Plan 2011 – 2014

[http://www.bathnes.gov.uk/sites/default/files/cypp\\_20111.pdf](http://www.bathnes.gov.uk/sites/default/files/cypp_20111.pdf)

AvonSafe Strategy

<http://www.avon.nhs.uk/phnet/Avonsafe/home.htm>

Alcohol Harm Reduction Strategy for Bath and North East Somerset 2012

Contact: [Cathy\\_mcmahon@bathnes.gov.uk](mailto:Cathy_mcmahon@bathnes.gov.uk)

Smoke Free Bath and North East Somerset Tobacco Control Strategy 2013

Contact: [Cathy\\_mcmahon@bathnes.gov.uk](mailto:Cathy_mcmahon@bathnes.gov.uk)

Shaping up: A Strategy to support residents of Bath and North East Somerset to achieve a Healthy Weight 2011 – 2014

Contact: [jo\\_lewitt@bathnes.gov.uk](mailto:jo_lewitt@bathnes.gov.uk)  
or [Sarah\\_heathcote@bathnes.gov.uk](mailto:Sarah_heathcote@bathnes.gov.uk)

Breastfeeding Strategy for Bath and North East Somerset 2011-14

Contact: [jo\\_lewitt@bathnes.gov.uk](mailto:jo_lewitt@bathnes.gov.uk)

Get Active Strategy

Contact: [Denice\\_burton@bathnes.gov.uk](mailto:Denice_burton@bathnes.gov.uk)

Bath and North East Somerset Children and Young People's Emotional Health and Wellbeing Strategy 2012

Contact: [Margaret\\_fairbairn@bathnes.gov.uk](mailto:Margaret_fairbairn@bathnes.gov.uk)

Bath and North East Somerset Clinical Commissioning Group Cancer Strategy 2012/13

Contact: [kate\\_burton@bathnes.gov.uk](mailto:kate_burton@bathnes.gov.uk)

Bath and North East Somerset Suicide Prevention Strategy 2012-15

Contact: [kate\\_burton@bathnes.gov.uk](mailto:kate_burton@bathnes.gov.uk)

Bath and North East Somerset Community Safety Plan 2009 - 2012

[http://www.bathnes.gov.uk/sites/default/files/community\\_safety\\_plan\\_09-12\\_sf.pdf](http://www.bathnes.gov.uk/sites/default/files/community_safety_plan_09-12_sf.pdf)

## Acknowledgements

I would like to thank all my colleagues within the Public Health team for their contributions to this report, in particular Kate Burton and Cathy McMahon who have led on its production and Helen Tapson and Jon Poole for their help with data analysis.

Thanks also to our colleagues within the following Council teams for their contribution to the report;

Policy and Partnerships, Leisure, Housing, Skills and Employment, Public Protection, Children and Young People's Services, School Improvement and Achievement and Drug and Alcohol Services

Thank you also to the following partner organisations who have provided data, insight and support with case study sourcing.

Sirona Care and Health, Great Western Hospital Maternity Services, Avon and Somerset Police, Avon and Somerset Probation Trust, Mentoring Plus and Quartet Community Foundation

In particular I would like to thank the following people for allowing us to tell their story;

Emma, Marcia, Nicola Windless, Darren Haines, the members of the Mentoring Plus Gardening and Cooking group, Jean Welch and the pupils of Farrington Gurney Church of England Primary School.

### Paul Scott

Acting Director of Public Health  
Bath and North East Somerset Council