



Life in times of change: Health and Hardship in North Yorkshire

Dr Lincoln Sargeant and Bishop Helen-Ann Hartley, at The Workhouse Museum, Ripon.

In his seventh Director of Public Health annual report, Lincoln looks at the part poverty plays in creating health inequalities and its impact on the lives of people in some areas of the county. The report focuses on poverty from a public health perspective and focuses on some of the areas where we can take collective actions to protect people from the worst effects of poverty. The report examines the perceptions and reality of poverty through a historical context, from the days of the workhouse through the birth and growth of the welfare state to the present day, identifying areas of North Yorkshire where the negative aspects of poverty are most evident. The report makes targeted recommendations about actions to be taken to tackle poverty for those people and



communities in need in North Yorkshire, using the principle of underpinning national policies by working with professional partners; the voluntary sector; communities and individuals. Lincoln's recommendations include; support deprived areas, tackle rural poverty, reduce childhood inequalities, work with military families and

veterans, create safe environments for high-risk groups, develop priorities to mitigate the impact of changes to the benefit system, and improve community engagement. Full and summary copies of Life in times of change: Health and Hardship in North Yorkshire can be downloaded from <http://nypartnerships.org.uk/DPHAR>

Start Well

School Zone Project

In June 2018, the Government committed to a 3 year Childhood Obesity Trailblazer Programme (COTP) to work with council-led projects in England to tackle childhood obesity at a local level, with a particular focus on inequalities.

Councils across England showed significant interest in the COTP, with 102 Expressions of Interest submitted. 13 councils, including North Yorkshire County Council, were selected to undertake a funded 12-week discovery phase which commenced in early February 2019. A Project Group of Public Health and key partners developed a North Yorkshire School Zone Project action plan during this discovery phase which was presented to the national COTP team in May 2019. Despite not getting through to the final stage of the COTP, the School Zone project is going well and enthusiasm and commitment from partners remains high.

The overarching aim of the Project is to influence the factors that contribute to childhood obesity in North Yorkshire and reduce inequalities in childhood obesity that exist within the county. This project intends to create healthy food and physical activity environments and support healthy behaviours within school zones.



The focus is on working with secondary schools and local communities to shape the environment and policies in and around the school. The initial focus is on children attending schools in the most deprived areas in North Yorkshire with the most exposure to unhealthy assets and hazards i.e. takeaway outlets and areas of poor air quality. The schools that are at the centre of the two school zones are Selby High and George Pindar in Scarborough.

The school zone - A one mile radius around the school and surrounding environment.

The insight work has enabled conversations to progress on wider physical activity and food environment developments within the school zones, including:

- Changes in the school food offer at Selby High. For example, by increasing salad content in 'grab bags', replacing juice with water, reducing levels of salt and sugar in food made on site, and creating environments and opportunities for a more sociable dining experience.
- Potential extension of the North Yorkshire County Council Trading Standards Responsible Retailer offer to include product placement, price promotions and increased provision of fruit and vegetables.
- Finalising the North Yorkshire Healthy Vending guidance document and implementing it within facilities in the school zones.
- Revisiting the conversation around restricting A5 (takeaway) planning applications.
- Encouraging the take up of Bikeability level 3 training in both schools.
- North Yorkshire Sport identifying a dedicated officer to focus on supporting Selby High and George Pindar schools to work through, and submit bids for, Satellite Club funding and to establish 'Achieve' programmes in both schools.
- Initial discussions to scope out a green space audit in the Eastfield area surrounding George Pindar.

For more information contact ruth.everson@northyorks.gov.uk or helen.ingle@northyorks.gov.uk

Breastfeeding Friendly Venues

Breastfeeding is great value for mums, babies and the environment. However, many women feel nervous about breastfeeding out and about, and this can mean they choose not to breastfeed or that they stop breastfeeding before they want to.

The UK has one of the lowest breastfeeding rates in the world, which is why infant feeding is a global, national and local priority. The Breastfeeding Friendly Venues Award has been developed by the Public Health Team, in partnership with the North Yorkshire County Council Early Help Service and Harrogate District Foundation Trust's 0-5 Healthy Child Service, to help identify public places in North Yorkshire that offer a good level of facilities and welcome breastfeeding mothers and their families.

The scheme was piloted in Selby in 2018. It aimed to encourage businesses and venues in the community to welcome breastfeeding mothers. The feedback from parents, professionals and venues in the Selby area was particularly positive and as a result we

are now looking to roll out the award in other areas – starting with the Harrogate District.

To apply for the award, venues must actively welcome mothers and babies in their establishments and allow breastfeeding in all customer areas of the venue. Premises are also encouraged to provide a private space for those who prefer not to breastfeed in public view. Those that sign up to the scheme are then promoted through a mapping tool so that families know which premises welcome breastfeeding. See <https://www.northyorks.gov.uk/breastfeeding> for more information.

The Breastfeeding Friendly Venues Award compliments a wider programme of support for mothers in North Yorkshire who breastfeed. Locally this includes providing one to one support from specialist trained staff, breastfeeding groups and the promotion of messages through the media and other routes to normalise breastfeeding and highlight sources of advice. For more information contact Cheryl.squire@northyorks.gov.uk



Harrogate Breastfeeding Friendly Venue Launch

Early Help and Healthy Child Programme Workshop at the Vale of York CCG GP Protected Learning Time Event

In October, North Yorkshire County Council (NYCC) and City of York Council (CYC) were invited by the Vale of York CCG to run a workshop on the Healthy Child Programme and Early Help Services at their GP Protected Learning Time (PLT) event.

PLT events are peer-led events for GPs, Registered Nurses, Health Care Assistants, Allied Health Professionals and Physician Associates from across the Vale of York. The events are aimed at creating opportunities for professional learning and development, and are delivered in partnership with the CCG and the Academy of Primary Care, part of the Hull and York Medical School.

The workshop, "Early Help and Healthy Child Programme: Getting the best start in life", looked at preventative and early interventions services for children, young people and families. This included the range of universal interventions delivered to the whole population, as well as targeted interventions and support to those with identified need and the most vulnerable.

A total of 22 healthcare professionals attended. The workshop generated helpful discussions on how the Healthy Child Programme, Early Help services and Primary Care can work more closely together to give every child the best start in life.



Jon Coates, Senior Early Help Consultant, Children and Families NYCC and Russell Dowson, Healthy Child Service Manager North Team, CYC

New Healthy Schools Award for North Yorkshire

The new Healthy Schools Award (HSA) scheme for North Yorkshire is being funded by Public Health for an initial two years, and will be key to supporting and enabling schools to promote a healthy weight with pupils and staff in schools across the county. The scheme has a focus on Active Lifestyles and Food in Schools, which will support the healthy weight agenda, as well as PSHE (Personal, Social, Health, Economic education), Emotional Wellbeing, and Staff Wellbeing. Schools will be able to achieve the award at bronze, silver and gold levels as they work through the different themes. Achievement of the North Yorkshire award will also support schools in qualifying for the new national Healthy Schools Rating Scheme.

During the year much work has taken place around developing the criteria for achievement of the award and the HSA website (healthyschoolsnorthyorks.org), which went live in October 2019.



The HSA was successfully launched at Harlow Carr Gardens in Harrogate in July 2019 – approximately 100 pupils attended along with school staff, Councillor Dickinson and a range of partners.



Harlow Carr Gardens, Harrogate

A series of training sessions were advertised for the autumn term 2019 to all North Yorkshire schools. The first session took place in Harrogate with 50 teachers. Participant feedback from the session was very positive, highlighting schools' commitment to the scheme and the reasons why they had signed up to it:

“Health and wellbeing is very important to us so it will be reassuring to have a well thought through framework to follow, ensuring we are doing a good job and the best for our children”

“We recognise that there are many areas in school we can improve on & the HSA provides clear guidelines for us to follow & hopefully achieve”

“We want to promote positive mental health & well-being in school. It's a good resource to help schools ensure that they have covered all areas of a healthy school”

“I feel that it is something that will enhance our school and help promote a more healthy lifestyle. Website looks great. Well thought out resources & information”

For more information please email HealthySchools@northyorks.gov.uk

Hepatitis A in Ripon

This summer Ripon was at the centre of the largest recent food borne outbreak of Hepatitis A in the UK, with a total of 32 confirmed cases.

Hepatitis A is a viral disease spread through the faecal-oral route – meaning it is in the faeces of infected people and can be transferred through food or touching infected surfaces to the mouth causing infection. Hepatitis A can be unpleasant, but it's not usually serious and most people make a full recovery within a couple of months. Hepatitis A can occasionally last for many months and, in rare cases, it can be life threatening as it can cause liver failure. The symptoms of Hepatitis A develop, on average, around 4 weeks after becoming infected, although not everyone will get them. Symptoms can include: feeling tired and generally unwell, joint and muscle pain, a raised temperature, loss of appetite, feeling or being sick, pain in the upper right part of your tummy, jaundice, dark urine and faeces and itchy skin. Symptoms usually pass within a couple of months.

The cases were mainly associated with a school with around a third of cases occurring in people who live in or ate in Ripon and contacts of school associated cases.

Hepatitis A is a notifiable disease. Public Health England (PHE) was notified of the case and coordinated a response through an Outbreak Control Team which included North Yorkshire County Council (NYCC).

The Director of Public Health has a duty to prepare for and lead the local authority's response to incidents that present a threat to the public's health. This requires joint advance planning by all North Yorkshire Clinical Commissioning Groups (CCGs), PHE, NHS England (NHSE) and teams within NYCC. In North Yorkshire we have a multi-agency Mass Treatment and Vaccination Plan which includes specific advice on how to manage an outbreak of Hepatitis A locally.

Whilst there is a vaccine to protect against Hepatitis A people aren't routinely vaccinated as it is a rare disease in the UK. To manage this outbreak groups of people identified as being at higher risk of infection were offered vaccination. In total 942 children and staff were vaccinated.

Communications teams in PHE, NHSE and NYCC worked together to deliver a public information hand washing campaign. The situation was closely monitored, onward transmission was interrupted with additional infection prevention and control measures – cleaning, handwashing and vaccination; and the outbreak ended with no new cases since mid-July.

PHE have scheduled a formal “lessons learned” meeting. Informally all partners have stated they had more confidence in responding to the outbreak as effort had been made by all partners to come together in advance of the outbreak, to understand each other's roles and responsibilities, and work together as a multiagency system to respond.

Live Well

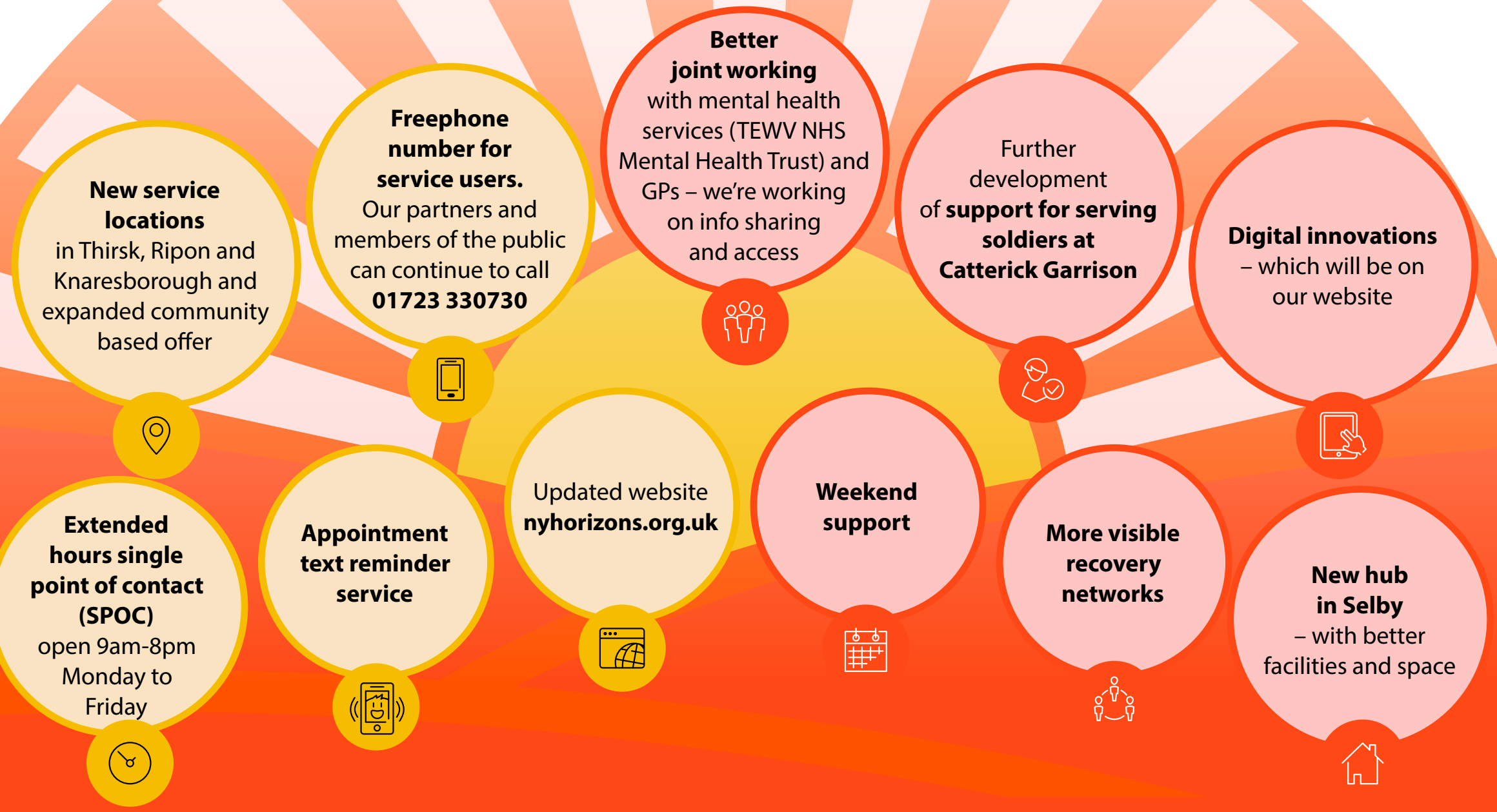
North Yorkshire Horizons – what’s new



North Yorkshire Horizons is committed to supporting as many people as possible to recover from drug and alcohol misuse, and reduce harm. Our dedicated drug and alcohol recovery service has been working with people who access our services, North Yorkshire County Council, the Office of the Police and Crime Commissioner and other partners to bring some exciting new developments to the county.

In place now...

We're also working on...



Living Well Smokefree

April 2019 saw the launch of Living Well Smokefree, a new Stop Smoking Service hosted by North Yorkshire County Council (NYCC). The service has a team of experienced Stop Smoking Advisors based in community settings across the county who are available to help people to stop smoking.

Stop Smoking clinics are provided in a range of community venues offering specialist interventions, including behavioural and motivational support and access to stop smoking medications (Nicotine Replacement Therapy and Champix).

The story so far by Scott Chapman, Service Lead, Living Well Smokefree



From left to right Ged Wilkinson (Service user) Councillor Dickinson, Sarah Parkinson (Stop Smoking Advisor).

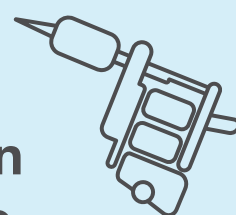
“It has been a busy few months since the launch of Living Well Smokefree and we have worked really hard to get the service in its current position. The bulk of the team transferred to NYCC from an external provider so we had to get used to working for a completely new organisation whilst laying the foundations to provide a service to smokers. As a team we set about finding community venues and worked on implementing a new voucher system that enabled us to provide stop smoking medications.

The first clients started using the service at the end of May 2019 and since then there has been a steady stream of people accessing our stop smoking support.

One of the many success stories so far is service user Ged Wilkinson. Ged has been accessing the service since it began and says “I’ve found Living Well Smokefree extremely easy to access and it’s great at identifying individual’s needs and the method and choice of Nicotine Replacement Therapy products. The face-to-face weekly meetings really help to support lifestyle changes.

As a team we are looking forward to developing the service further and working closely with our partners and the population of North Yorkshire to kick the smoking habit for good!”

All registered tattooists and body piercers in North Yorkshire have been offered a course of Hepatitis B vaccination



A gap was identified by the Local Medical Committee that there is not a routinely commissioned service for tattooists and body piercers to access vaccination to protect against Hepatitis B. In response, North Yorkshire County Council set up a time limited project to offer Hepatitis B vaccinations to the 142 tattooists and body piercers registered in North Yorkshire.

Funding was secured from the NYCC public health budget to offer a course of Hepatitis B vaccination to tattooists and body piercers. An agreement was negotiated with YorSexualHealth to deliver this service. Invitations were sent to tattooists and body piercers through District and Borough Council’s Environmental Health Teams. The scheme closed in December. Seven tattooists accessed the service during this time.

Mental Health Event

PREVENTION WHAT DOES IT MEAN IN THE CONTEXT OF MENTAL HEALTH

On 10th October, the Public Mental Health Partnership Group hosted a successful Mental Health conference with 120 attendees. It focused on the prevention element of mental health whilst acknowledging the links to services and suicide prevention. The event was open to partners from private, voluntary and statutory organisations and there was wide representation across many organisations including Police, Fire & Rescue and Education. A range of presentations were given that provided an overview of the need for a multifaceted approach to ensure that mental health is everyone’s business. As it is a priority at both a national and local level we need to ensure that mental health is embedded in everything we do. During the conference attendees shared their thoughts and suggestions for consideration on shaping the Mental Health Prevention strategic framework. This was conducted through a World Café format allowing for informal conversations to take place. The day was recorded by Inky Thinking in a graphic format which demonstrates the broad discussions and themes that emerged.

Key Messages

- Encouraging individuals to take action for their own mental health as they would their physical health.
- The need for collaborative working.
- Changing the culture and conversation around mental health.
- Enabling individuals to access support and enabling them to have a sense of control.
- The importance of connectivity.
- It’s ok not to be ok.

Next steps to move forward

- Work with stakeholders to sign up to the national Prevention Concordat for Mental Health and produce a joint action plan for its implementation.
- Continue to utilise and encourage the involvement and participation of a wide group of stakeholders and experts by experience through a range of forums. Examples may include contributing to strategic groups and plans, signing up as a North Yorkshire Time to Change Champion and the promotion of campaigns such as Every Mind Matters.
- Incorporate the salient themes from workshop discussions into a North Yorkshire Public Mental Health Strategic Framework.



NHS Health Check Programme

The NHS Health Check programme (NHSHP) is playing an important role in the prevention and early detection of cardiovascular disease (CVD) in England. CVD is the number one cause of death globally, with an estimated 17.7 million people having died from CVD conditions, representing 31% of all global deaths. It is also a leading cause of disability and death in the UK, affecting around 7 million people and being responsible for 1 in 4 premature deaths in the UK.

The NHSHP provides the only universal mechanism for identifying and managing people aged 40 – 74 with the top 7 risk factors driving the burden of noncommunicable disease and remains the world leading prevention programme. Evidence shows it can successfully engage people with the greatest health needs and that individuals having a check are more likely to be diagnosed with a disease and to receive lifestyle or clinical management to help them reduce that risk or manage the health condition.

Cardiovascular disease is the single biggest condition where lives can be saved over the next 10 years. The percentage of individuals found to have a 10% CVD risk score following an NHS Health Check across the CCG areas are in line with the national data that reports “for every 6 to 10 NHS Health Checks 1 person is identified as being at high risk of cardiovascular disease”.

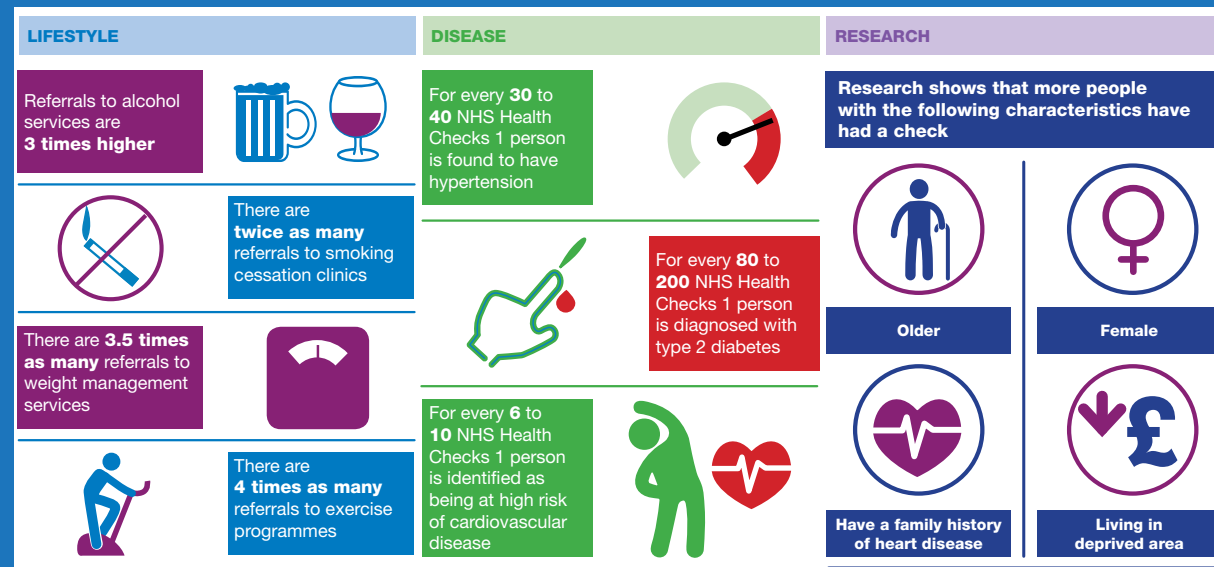
Overall the NHS Health Check programme in North Yorkshire performs well and is improving each year. During 2018/19 North Yorkshire performed better than the England and Yorkshire & Humber average.

These considerable achievements are a testament to the enthusiasm and commitment to successful delivery by the Public Health team and the primary care providers. The programme remains a key part of the Government’s commitment to tackling CVD. More people with heart conditions or risk factors such as high blood pressure and atrial

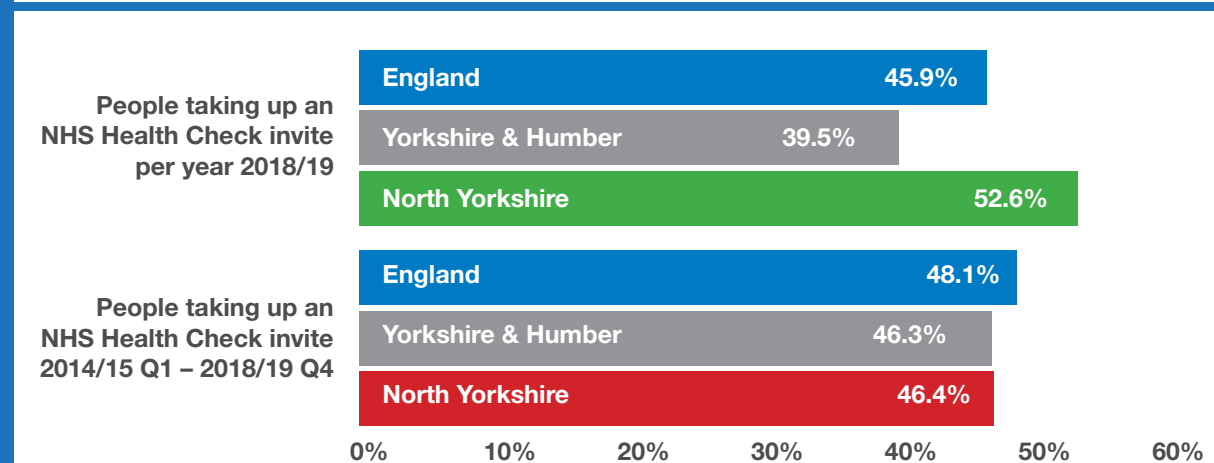
fibrillation will be identified early, through more effective NHS Health Checks, working with community groups, and equipping NHS staff and others with the technology to allow tests to be done quickly and easily.

In North Yorkshire we will continue to support the programme and will consider different delivery models to ensure there is greater equality of access and to achieve the aspirational uptake target of 75%.

For more information on the NHS Health Check please visit <https://www.nhs.uk/conditions/nhs-health-check/> and take part in the Heart Age test. For more information on the North Yorkshire service please contact Natalie.smith@northyorks.gov.uk



Data source: <https://www.gov.uk/government/publications/nhs-health-check-stocktake-and-action-plan>



Data source <https://fingertips.phe.org.uk/profile/nhs-health-check-detailed/data#page/0/gid/1938132726/pat/6/par/E12000003/ati/102/are/E10000023/iid/91733/age/219/sex/4>

Age Well

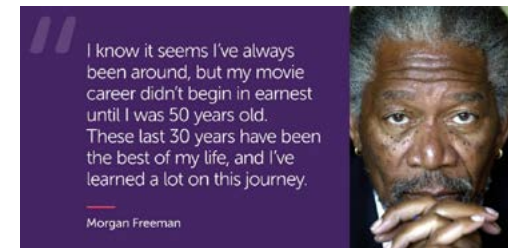
International Day of Older Persons

1st October was the International Day of Older Persons where County Councillor Carl Les, Leader of North Yorkshire County Council, and Richard Flinton, the County Council’s Chief Executive, joined local leaders across England and Wales in signing an open letter committing them to tackling ageism and talking more positively about later life.

The letter was co-ordinated by the UK Network of Age-Friendly Communities, part of the World Health Organisation’s Global network of over 900 places committed to fostering healthy and active ageing. As well as committing local leaders to take action within their communities, the letter asks the public to be part of the ‘Journey to Age Equality’ by joining the movement against ageism.

Cllr Les said: “The open letter that we have joined other local leaders in signing says that, if we are to make real progress towards age equality, we must all work to root out ageism in our own communities and organisations. We will challenge ageism wherever we see it, whether it’s in public or in private, and ensure that the voices of older people are at the heart of our local decision-making.”

On 1st October the North Yorkshire Age-friendly steering group launched a new twitter account which aims to celebrate older people and age-friendly work in North Yorkshire, sharing ideas and good practice. The account is @AFNorthyorks so please follow us



to find out more. If there is anything you would like us to promote or for more information please contact helen.goddard@northyorks.gov.uk

Visit from Centre for Ageing Better

On 14th October representatives from the Centre for Ageing Better visited North Yorkshire to explore ideas about age-friendly communities in a rural area. The Centre for Ageing Better is a “what works” centre seeking to develop a partnership with a rural locality which shares their commitment to create age-friendly places, based on evidence, and which has the powers, ambition and capabilities to deliver change at scale. A number of partners attended the meeting to share our ambitions and to highlight the local issues in North Yorkshire and the current and projected numbers of older people. This included Community First Yorkshire, Stronger Communities, Cllr Dickinson, Public Health and Health and Adult Services Participation and Engagement team. NYCC was the first rural area to join the UK network for age-friendly communities, and if successfully chosen as a strategic partner we will receive strategic support from the national team and additional capacity to drive this forward.



Staying Social, Staying Well – The Loneliness Campaign North Yorkshire Strategic Framework

Community First Yorkshire were tasked with producing a North Yorkshire Strategy to Tackle Loneliness. The charity secured £99,555 from the National Lottery Community Fund’s Building Connections Fund and was able to match fund this with contributions from the Stronger Communities Team at North Yorkshire County Council, Defra and in kind support from the Public Health team at the County to support the evidence review, data collation and intelligence.

The strategy is part of a wider project to better understand how we can work together to take action to support people who are lonely or at risk of becoming lonely. People, of all ages and from all walks of life in North Yorkshire experience loneliness. The project aims to ‘connect’ people to the many activities provided by voluntary and community organisations and help people make

new friends. This will include campaigns, support for communities to take local action, and inspiration for individuals to make changes and support others.

The project brings together partners from the public and voluntary sectors to help ensure there is a joint focus on ways we can both prevent and alleviate loneliness across the County. The Loneliness Campaign (TLC) involves a steering group including individuals from a wide range of organisations involved in supporting people at risk of loneliness, including local authorities, health professionals, the police, charities, voluntary organisations and community groups. To develop the strategy, we engaged with projects and individuals across North Yorkshire to collect personal stories and gather evidence of work being undertaken to tackle loneliness in the County. The strategy includes a proposal for five ambitions.



The first project campaign is also live. This builds on the recommendations in North Yorkshire’s Director of Public Health Annual Report 2017, Healthy Transitions – Growing Old in North Yorkshire, which encouraged new approaches for people planning their later life. It’s a simple and quick online quiz to check your level of risk of being lonely in your later life. The quiz has practical information and suggestions to help reduce

loneliness for your loved ones as well as yourself. It will tell you about current research and lifestyles with the aim of helping you manage any areas in your life leading to a potentially higher risk level.

Simply click [here](#) to start the quiz. It should take you no longer than 5-10 minutes to complete.

Strong and Steady

Strong and Steady is a 12-week programme designed to encourage people to become more active and reduce the risk of trips and falls. Delivered by friendly, qualified instructors, the specialised programme aims to improve balance and strength, increasing confidence and improving ability in everyday tasks. Sessions provide information about related topics, such as healthy eating, winter warmth, exercise and how to prevent falls. The sessions also aim to reduce isolation and improve mental wellbeing.

Since the launch of the Service in September 2018, 22 targeted sessions have been established across North Yorkshire (seven more than the initial 15 funded by Public Health). A large number of Universal sessions have also been supported.

Key outcomes include:

- 16 instructors have been supported to gain Later Life Training accreditation to deliver the sessions.
- The additional seven sessions are self-funding, making the public health investment go further.
- Of the 580 people that have been told about the programme, over 330 people have attended and benefited from increased strength, balance and co-ordination.

An inspiring video of client experiences and the impact the service has had on their lives can be viewed via the following link <https://youtu.be/Pdeqq3EW74>

For more information visit <https://www.northyorkshiresport.co.uk/strong-and-steady>



Connected communities

Selby Health Matters

An annual report has been produced to share the progress that has been made through the Selby Health Matters Partnership group. The partnership is working towards ensuring that the population of Selby is healthy and happy and that healthy life expectancy is increased and health inequalities are reduced in Selby. An action plan has been produced based on a range of priorities including improving

health through housing, planning, economic development, leisure and green spaces and engaging with communities. The annual report highlights just how much has been achieved since the partnership began in 2018.

For more information contact carly.walker@northyorks.gov.uk or look at www.selby.gov.uk/health-matters



Discoveries on your Doorstep



Jennie McCreight began her role as the Discoveries on your Doorstep Project Officer in July 2019.

Previous to this role Jennie managed a portfolio of mental health services within West Yorkshire for a third sector BAME Mental Health Charity.

Jennie's background is in managing vocational and employability projects, including developing a vocational service in a high secure forensic setting. Her recent project portfolio focused on engaging people (facing a range of health inequalities) to access volunteering, education and training. This included projects working with Complex Needs, Re-Offending, Refugees, Asylum Seekers and "at risk" families.

Key elements of this work included the implementation of a peer mentor programme and developing guidance for "Recruiting people with lived experience to thrive in the workplace" - which was supported by the DWP and police and crime commissioner.

Jennie also runs her own therapeutic coaching business, coaching professionals in nature settings to improve their wellbeing and reach personal goals.

The Discoveries on your Doorstep project officer role introduces an exciting collaboration between Public Health and Yorkshire Dales Millennium Trust formed through the Local Nature Partnership.

Through the project, Jennie will be exploring the sustainability and legacy of the existing projects in Selby and Scarborough which focused on engaging families to walk for health and discover fun, free and fascinating things to do on their doorstep.

In addition, the newest rollout will be delivered in Ripon working closely with Ripon Grammar and Outwood Academy to engage young people in active travel and raise awareness about air quality and the benefits of walking and exploring natural spaces. It will help students, families and parents to make active choices around walking and cycling.

The core objectives are focused on improving people's health and wellbeing through walking. Improving air quality and helping people to make lasting choices about active travel.

The project also has a strong connection to nature, linking with other local conservation organisations and community groups to explore ways to enhance the local green infrastructure and ensure local people have access to attractive and engaging green spaces to visit time and time again.

Team Members Update

Since our last newsletter we have said goodbye to Yvonne Parkes who has joined the North Yorkshire and Humber screening and immunisation team, Kathryn Ingold who is now a Public Health Consultant at Bradford District Council and Rory O'Connor who has retired.

We have welcomed the following new team members:



Ellie Whittaker

Ellie joined the Public Health team in September 2019 as a Health Improvement Officer and will be supporting work in Primary Care, Cardiovascular Disease, NHS Health Checks, National Diabetes Prevention Programme and building the research portfolio. Ellie has a Psychology background, with experience of working within child weight management services in Liverpool, and delivering sport psychology support to elite and recreational athletes. She is currently completing a PhD in Psychology in conjunction with Liverpool Heart and Chest Hospital NHS Foundation Trust where she has developed and implemented an intervention to allow healthcare professionals working in cardiac and pulmonary rehabilitation to deliver behaviour change sessions within standard clinical practice.



Helen Goddard

Helen has a background in nutrition, and joined NYCC in 2015 when the Healthy Choices service was first commissioned by Public Health. Her role involved developing the structure of the programme and helping to design the literature which accompanied the sessions. Prior to that she worked for the Prince's Trust delivering a 12 week programme working to get NEET 16-25 year olds back into employment or education. In her current role as a Health Improvement Practitioner she assists with the healthy ageing, smokefree and sexual health portfolios, the public health communications and the next Director of Public Health Annual Report. She has commenced her Masters in Public Health at the University of York.



Dora Machaira

Dora joined the team in November 2019 having previously worked at Middlesbrough Council as a Public Health Officer with responsibility for Tobacco Control. Before her career in local government, Dora worked as a public health researcher for Teesside University. She conducted numerous evaluations for public health initiatives around physical activity, weight management, social care and early years. In summer 2019, Dora was awarded a PhD in Public Health from Teesside University. Her research focused on community-centred approaches in public health and the use of volunteering within them. Dora will have responsibility for the Children and Young People's portfolio particularly around childhood obesity, oral health and unintentional injuries.

Welcome back



Victoria Turner

Victoria originally joined the Public Health team in August 2015 as a Public Health Registrar. After spending two years at NYCC as part of the public health training scheme, working on projects such as end of life care and air quality, she moved on to work with other organisations including Public Health England, Vale of York CCG, University of York and the World Health Organisation. In January 2020 Victoria re-joined the team as an Acting Consultant in Public Health with a portfolio covering Vale of York CCG, Selby District Council, Health Protection and Healthy Ageing. Victoria will also lead on air quality and climate change.



Katie Needham

Katie has been on secondment for the last 12 months as Interim Director of Public Health for Stockton-on-Tees. Communities within Stockton Borough Council are very diverse, with areas of affluence existing alongside areas of deprivation leading to stark health inequalities within the Borough. Eight of the wards are in the most 10% deprived in the country. Male residents of Billingham West ward live on average 21 years longer than residents of Stockton Town Centre.

As Interim DPH, Katie had oversight of the £13 million PH budget and led the Stockton public health team of 10 staff. During the 12 months Katie developed networks with the Directors of Public Health across the North East and local relationships with North Tees Hospital Trust, Catalyst (VCSE) and CCG to support delivery of local prevention programmes. Before Katie left she produced and launched her Annual Public Health Report for Stockton on the theme of Loneliness – called Lonely? Get connected. "It has been a valuable experience working as the Interim DPH in Stockton and although sad to leave, I am very much looking forward to returning to my role in North Yorkshire and taking forward new and exciting areas of public health."



Health and Adult Services

Awards 2019

Congratulations

Claire Robinson received the award for Public Health Practitioner of the Year for her work on suicide and self-harm prevention. Carly Walker was runner-up for her work on fuel poverty and winter health. Emma Lonsdale received the award for Integration Partner of the Year and the Community Impact Team in Scarborough Whitby Ryedale were runners up. Congratulations to our team members and partners whose work has been recognised in this way. Well done!

Public Health Commissioned Services

This list gives the commissioned services as of January 2020

<p>Integrated Health and Wellbeing Service</p> <p>LivingWell in North Yorkshire</p> <p>Tel: 01609 780780 www.northyorks.gov.uk/livingwell</p>	<p>via GP surgery</p> <p>NHS HEALTH CHECK Helping you prevent diabetes heart disease kidney disease stroke & dementia</p> <p>Contact your local GP surgery for more information or visit www.healthcheck.nhs.uk</p>	<p>Stronger Communities</p> <p>North Yorkshire County Council</p> <p>Tel: 01609 780780 www.northyorks.gov.uk/stronger-communities</p>	<p>Discoveries on your Doorstep</p> <p>DISCOVERIES ON YOUR DOORSTEP</p> <p>Email: info@scarboroughtrails.co.uk Email: info@selbytrails.co.uk www.northyorks.gov.uk</p>	<p>Smoking Cessation</p> <p>LivingWell Smokefree</p> <p>Tel: 01609 797272 Email: stopsmoking@northyorks.gov.uk www.northyorks.gov.uk/stopping-smoking</p>
<p>Drug and Alcohol Service – Children & Young People</p> <p>Compass</p> <p>Tel: 01609 777662 or freephone 0800 008 7452 Email: NYRBS@compass-uk.org www.compass-uk.org</p>	<p>Drug and Alcohol Service – Adults</p> <p>NORTH YORKSHIRE HORIZONS</p> <p>Tel: 01723 330730 Email: info@nyhorizons.org.uk www.nyhorizons.org.uk</p>	<p>Winter Health</p> <p>Warm & Well in North Yorkshire</p> <p>Tel: 01609 767555 www.warmandwell.org.uk</p>	<p>Sexual Health</p> <p>YSH YorSexual Health</p> <p>Free and confidential services across North Yorkshire and York</p> <p>Tel: 01904 721111 www.yorsexualhealth.org.uk</p>	<p>Healthy Eating Business award</p> <p>Healthier choices for a healthier you BUSINESS AWARDS</p> <p>Tel: 01609 534810 www.northyorks.gov.uk</p>
<p>Road Safety</p> <p>95 ALIVE The York & North Yorkshire Road Safety Partnership</p> <p>Tel: 01609 798120 www.roadwise.co.uk</p>	<p>Healthy Child Programme</p> <p>NHS Harrogate and District NHS Foundation Trust</p> <p>Tel: 01609 780780 www.hdft.nhs.uk/services/childrens-services/0-5-childrens-service-ny</p>	<p>Weight Management – Children</p> <p>HEALTHY CHOICES</p> <p>Tel: 01609 798081 www.northyorks.gov.uk</p>	<p>Weight Management – Adults in Craven district</p> <p>Craven DISTRICT</p> <p>Healthy Lifestyles Tel: 01756 792805 www.cravenc.gov.uk/craven-leisure/healthy-lifestyles/weight-management</p>	<p>Weight Management – Adults in Hambleton district</p> <p>HAMBLETON DISTRICT COUNCIL</p> <p>Take That Step Tel: 01609 767241 www.hambleton.gov.uk/zest/homepage/72/weight-management_scheme</p>
<p>Weight Management – Adults in Harrogate district</p> <p>Harrogate BOROUGH COUNCIL</p> <p>Fit 4 Life Tel: 01942 404799 www.harrogate.gov.uk/fit4life</p>	<p>Weight Management – Adults in Richmondshire district</p> <p>Healthy Futures</p> <p>Healthy Futures Tel: 0330 120 0544 Option 3 www.richmondshire.gov.uk</p>	<p>Weight Management – Adults in Ryedale district</p> <p>NHS Humber Teaching NHS Foundation Trust</p> <p>Humber Teaching NHS Foundation Trust Tel: 0800 9177752 www.ready-to-lose-weight.co.uk</p>	<p>Weight Management – Adults in Whitby, Scarborough & Filey</p> <p>NHS Humber Teaching NHS Foundation Trust</p> <p>Humber Teaching NHS Foundation Trust Tel: 0800 9177752 www.ready-to-lose-weight.co.uk</p>	<p>Weight Management – Adults in Selby district</p> <p>Inspiring healthy lifestyles</p> <p>Move It Lose It Tel: 01942 404799 www.inspiringhealthylifestyles.org/selby/sports-development/move-it-lose-it</p>

Health and Wellbeing Board
North Yorkshire



Contact us

Dr Lincoln Sargeant, Director of Public Health for North Yorkshire, County Hall, Northallerton DL7 8DD

Tel: 01609 532476 Email: nypublichealth@northyorks.gov.uk

Web: www.northyorks.gov.uk/public-health

If you would like this information in another language or format please ask us.

Tel: 01609 780 780 email: customer.services@northyorks.gov.uk