

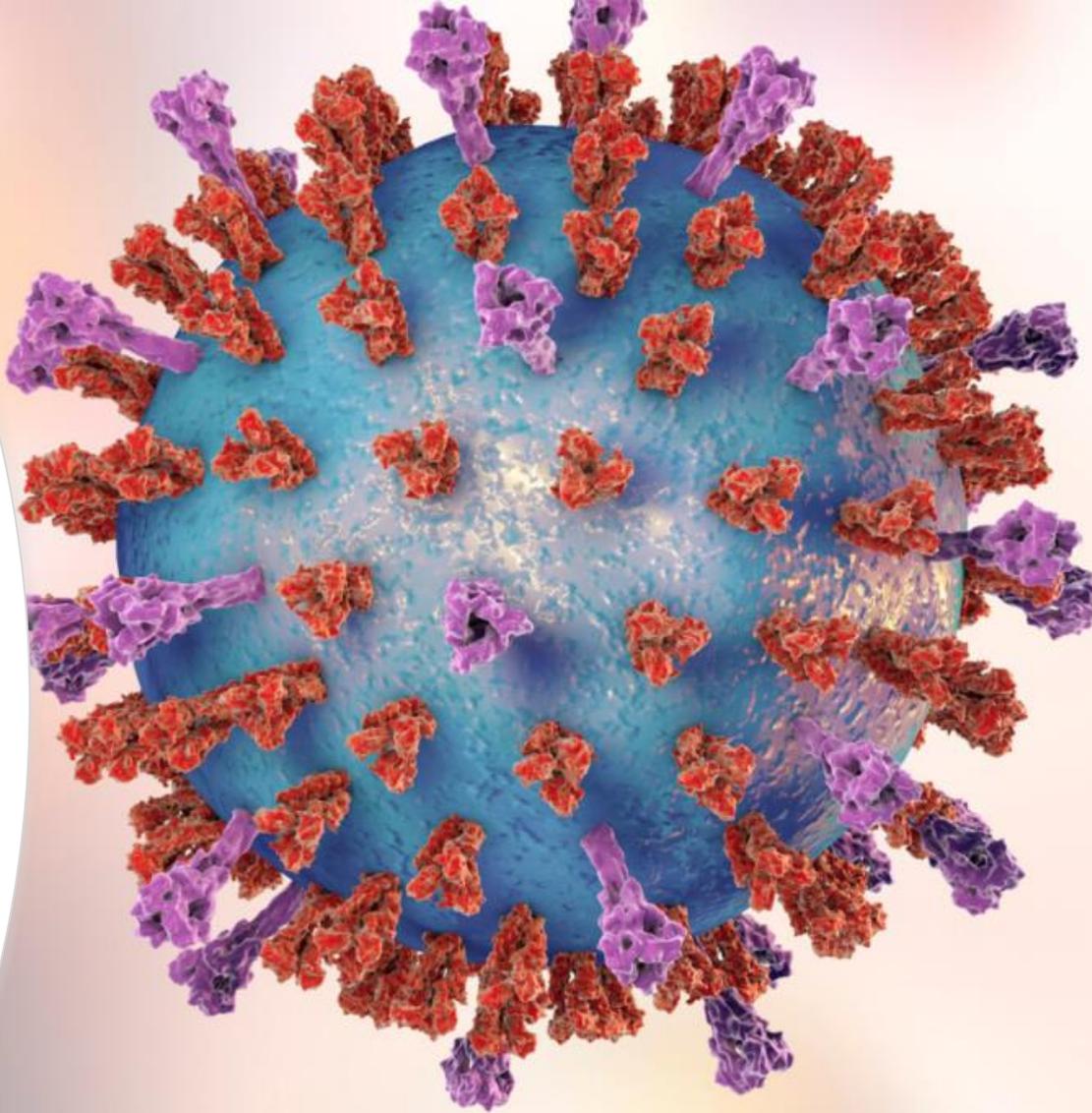
Quarterly Public Health Report. Quarter 2 2021/22

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Pandemic response

- The COVID-19 rates have continued to remain high into the Autumn.
- We continue to promote Infection Prevention and Control measures, encourage testing and heavily promote vaccination against Covid and flu.
- We are supporting schools with their covid outbreaks.
- The rest of this report highlights the activity within Public Health in between July and September.



BOOST YOUR IMMUNITY THIS WINTER

WITH THE FLU VACCINE



Get vaccinated. Get boosted. Get protected.
nhs.uk/wintervaccinations

Flu Campaign

- Ensuring that the staff at the council are offered opportunity to be vaccinated as part of our health protection work and our business continuity plans
- Promotion of flu vaccination in the community
- “If you are eligible we recommend you protect yourself and those around you, by booking your Flu and Covid-19 vaccine. Go to www.nhs.uk/conditions/vaccinations”



Maternal and Early Childhood Sustained Health Visiting programme - MECSH

- a structured program of sustained health visitor interventions for families at risk of poorer maternal and child health and development outcomes
- an effective intervention for vulnerable and at-risk mothers living in areas of socio-economic disadvantage.
- Currently in planning and recruitment phase; Starting Spring 2022.

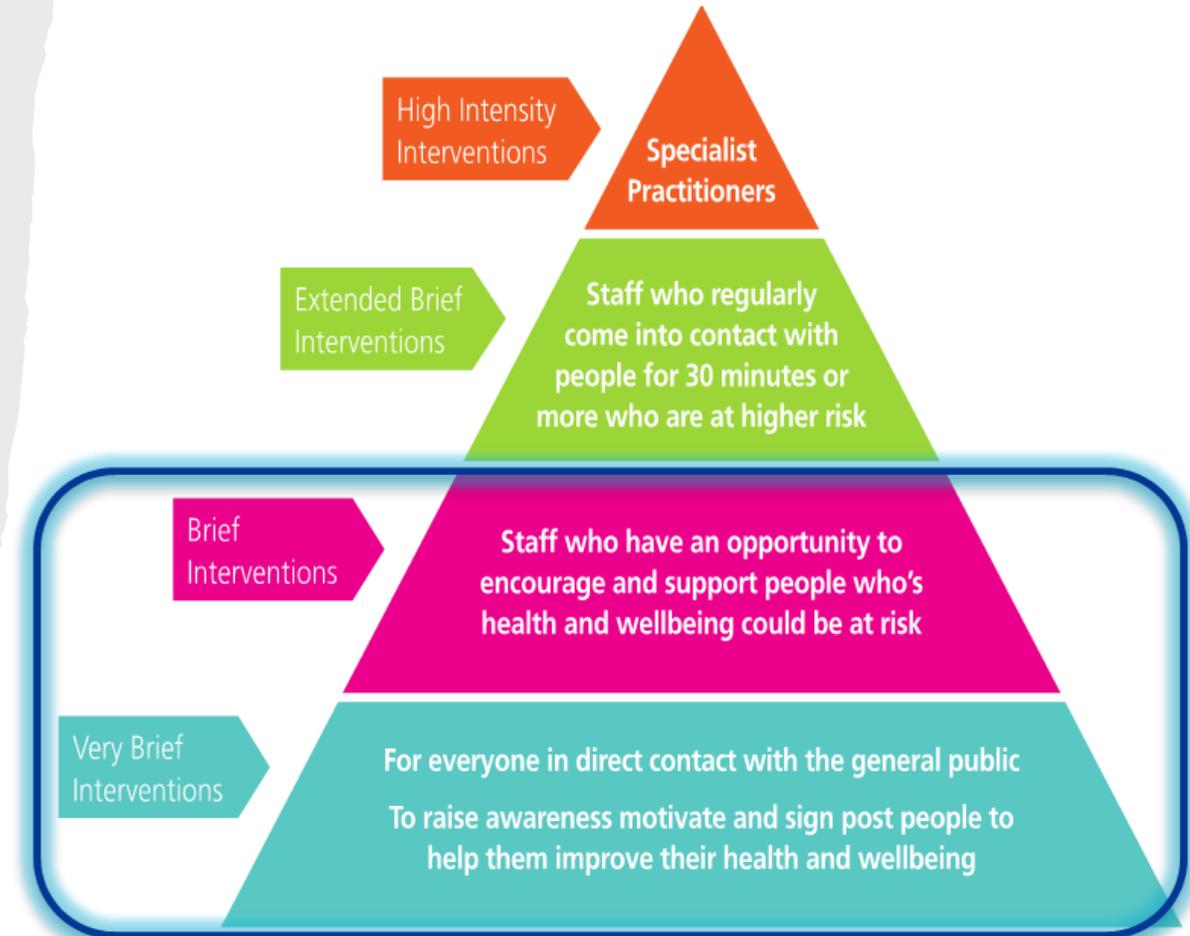


Young People's Health Improvement

- **Healthy Schools London (HSL) programme**
 - Moving to an in-house programme
- **Youth Health Champions**
 - Recruited 4 schools and a college to take part with up to 8 students from each setting.
 - Partnered with the Young Harrow Foundation, Compass, Brook and Harrow Horizons.
 - Training in November 2021

MECC – Making Every Contact Count

- MECC is an approach to **behaviour change** that uses the millions of day-to-day interactions that organisations and people have with other people to support them in making **positive changes to their physical and mental health and wellbeing**.
- Drawing on behaviour change evidence, MECC maximises the opportunity within routine health and care interactions for a **brief or very brief discussion** on health or wellbeing factors to take place.
- Training being planned with roll out in January



Behaviour change interventions mapped to NICE Behaviour Change: Individual Approaches
<https://www.nice.org.uk/Guidance/PH49>

Stop and Grow project

- The Stop and Grow Project is a garden that is being developed on the Ridgeway in West Harrow for people with mental health problems and/or learning disabilities.
- It is part of the social prescribing programme
- Many of the current service users are former Wiseworks clients.
- An open day for potential service users and for those referring was held in August.





Weight Management

- A new overweight and obesity pathway has been developed
- Shape Up Harrow (which is delivered by our partner Watford FC Sports Community and Education Trust) is launching a face to face service at 3 hubs across the borough.
- There is also a digital offer for those who prefer it or who find it difficult to get to one of the hubs.
- More details including an explainer video are available at <http://www.harrow.gov.uk/healthyweight/>

Mental Health & Prevention

- **ICP lead for the prevention of mental ill health**
 - **Co-ordinate campaigns and resources**
 - **Identify vulnerable cohorts and develop appropriate approaches**
- **Suicide Awareness**
 - Joint work with Brent
 - London Postvention - MIND
- **World Mental health day**
 - Mental health care for all: let's make it a reality



Depression: what you should know

If you think that you might have depression, read on...

What is depression?

- Depression can happen to anyone and is not a sign of weakness.
- It's an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by difficulty carrying out daily activities.
- People with depression also normally experience several of the following: loss of energy; change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; thoughts of self-harm or suicide.
- But don't worry. Depression can be treated – with talking therapies, medication or both.

What you can do

- Talk to someone you trust about your feelings – most people find that talking to someone who cares about them helps.
- Seek professional help – your local health-care worker or doctor is a good place to start.
- Try to keep doing at least some of the activities that you usually enjoy.
- Stay connected with friends and family.
- Exercise regularly – even if it's just a short walk.
- Stick to regular eating and sleeping habits as much as possible.
- Avoid or restrict alcohol intake and don't use illicit drugs – they can make depression worse.
- If you feel suicidal, contact someone you trust for help, or ring the emergency services.

REMEMBER: With the right support, you can get better – so if you think you might be depressed, seek help.





Health Intelligence

- Working on ward profile update
- To be ready December 2021
- Mapping data for PHM work
- Updating JSNA

Pharmaceutical Needs Assessment (PNA)

- The PNA is a statutory requirement for the Health and Wellbeing Board. The process is being facilitated by Soar Beyond, who wrote the last PNA and will come to the board in 2022
- The PNA assess the provision of local pharmaceutical services according to the need. As such, it sets out:
 - a statement of the pharmaceutical services which are currently provided, together with when and where these are available
 - details of planned or likely changes which may affect the future provision of pharmaceutical services
 - any current or future gaps in pharmaceutical services
- There will be **two development sessions** to question how else we can work with Community Pharmacy in January.
- A public questionnaire is now on the council website <https://www.harrow.gov.uk/pnasurvey>



Team News

• Hellos

- We welcome Shinelle as an Apprentice to the Department
- We have appointed a Public Health Consultant who joins us in early December
- We have an interim PH Consultant, David, starting early November to work on Population Health Management across the Harrow ICP
- We have appointed to a fully funded (courtesy of NIHR) post of Research Practitioner who begins at the end of November.

• Goodbyes

- Christabel, our GP trainee, has now gone on maternity leave.
- Azza, our specialist registrar is now studying at London School of Hygiene and Tropical Medicine for her Master's Degree in Public Health