Healthy Cities

Phase V 2009 - 2013
Phase VI 2014 – 2018
Context

• Derry City and Strabane District designated member of the World Health Organization (WHO) European Healthy Cities Network for Phase V (2009 – 2013) and Phase VI 2014- 2018.

• Derry City and Strabane District Health Partnership oversees and guides the Healthy Cities Programme.

• The main goal of the WHO Healthy Cities programme is to put health and wellbeing high on the social, economic and political agenda of all agencies.
What is Healthy Cities?

- promote a whole system approach to planning for health and wellbeing;
- create new ways for people to interact with each other and their environment to improve health and promote healthy lifestyles;
- encourage co-operation between departments of key departments and promote community participation;
- raise awareness at local level of issues affecting health and wellbeing;
- move health high on the political agenda and contribute to the development of healthy city policies.
1. Network activities
2. Mayors Meetings
3. European Network
4. Capacity building
5. Partnership
6. Integrated planning for health
7. City Health Profile
8. Health 2020 Analysis
9. City Statement
10. Coordinator / steering group
11. Sustained local support
12. M&E
Thematic Priority: Early Intervention

- EI Strategic Partnership
- A Good Start
- Continuum of Support during challenges/transitions

Activity

- EISP Rebuilt
- UNICEF Child Rights
- Youth Council established
- Locality Planning Group Re-established
- Workforce Development
  - DEL Funded - Level 5 Early Years (NWRC)
  - Degree in Development
- Good Start
  - £700k – RAPID/Big Lottery (Supporting Families)
  - WAVE Foundation – Pioneer Communities
Pioneer Community Approach

• Population level, preventive approach
  • Focussing on conception to age 2
• Pop. 50,000
• 3 components
Thematic Priority: Age Friendly City & District

- Readiness for Demographic Change
- Age at Centre of Planning, Design, Usage of Services
- Valued as Volunteers, Learners, Employees & Advisors

Activity

- Age Friendly Steering Group Expanded
- EU Declaration on Active Ageing
- Age Friendly Charter
- Age Friendly Strategy
- NI Active Ageing Consultations
- Coffee Table Engagement Processes
- Rathmor Access Report
- Transport engagement
- Age Friendly Library
- Mighty Oak Ambassadors
- Ageing Conference (24 March 2015)
- WHO Recognition
- Intergenerational opportunities
Thematic Priority: Culture of Alcohol

- Transform Culture of Alcohol Misuse
- Become a Lead Region in Alcohol Harm Reduction
- Societal Shift in Social & Recreational Use

Activity

- Civic Forum
- Ministerial Engagement regarding MUP debate
Thematic Priority: Active City Region

- Halt Rise in Obesity
- Celebrate Active & Engage Inactive
- Normalise Integration of PA into daily routine

Activity

- Steering Group Established
- University Engagement
- Baseline Activity Report
- Peoples Olympics
- River & Bridges Project
Cross Cutting Themes

• Reducing Healthy Inequality
• Improving Health Literacy
• A Life Stages Approach
• Sustainability
• 5 Ways to Well-being

Activity

• WHO Re-designation
• Life Stages Approach being maintained
• Health Literacy & 5 Ways to Well-being
Strategic Project: Health@Work

- NI first NGO LED workplace health programme
- 2009 – 2016 North west only
- 2016 – NI coverage (western delivered by DHC)

Activity

- Levered approx. £400,000 in investment
- Impacted approx. 10,000 employees
  - 100 workplaces
  - 30 programme activities
**Strategic Project: CLEAR**

- Capacity building project established 2008
- Wester & NI wide Coverage

**Activity**

- Training & Development
  - 170 training events on 20 different topics to approx. 3000 participants
- Quality Standards
  - Development CLEAR Standards (Western Area)
  - Success led to commissioning for NI wide
- Small Grants
  - 2009 – 2015 allocation of £793,236 small grants to 131 projects
  - 2015 -2016 £228,686 small grants across Western Area (59 projects)
  - 38 within Derry City and Strabane distract area - £97,454.13
  - 2 additional impacted upon the area - £3,718.13
Strategic Project: Bereaved by suicide Project

• Regional advocacy group from individuals bereaved by suicide
• Support individuals ability to input to regional strategy on suicide prevention

Activity

• Support to individuals bereaved to participate in local PLIG, SSIB, BAMFORD, SD1 etc.
• Major influence on forthcoming strategy
• Large Scale Conference planned for October 2016
Strategic Project: Strengthening Families

- Introduced pilot 14 week family skills programme for families at risk
- Collaborative approach
- Initial Western Delivery only
- Now delivered throughout NI

Activity

- 51 Partner agencies have 115 staff trained
- Programme delivered to x no of families
- Significant improvement in: Family support, communication, effective parenting skills, mental health and emotional strength and anger management.
Other work streams

- Time 2 Change
- Time IVA Change
- Neighbourhood Health Improvement Project
- Rivers and Bridges Project
- Men’s MOT project
- One Plan

Activity

- Training
- Capacity building
- Community mobilisation
- Strategy engagement
- Research
Challenges and opportunities

- Non monetary drive valuable but can limit impact
- Outputs determined by inputs and capacity
- Enabling innovative activities ‘versus’ historical approaches
- Baseline, monitoring and evaluation
- Shared ownership

Activity

- Training
- Capacity building
- Community mobilisation
- Strategy engagement
- Research
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