

Application for designation as a member city of the WHO European Healthy Cities Network in Phase VII (2019–2024)

Guidance for application for designation as a member city of the WHO European Healthy Cities Network

Assessment will not begin until WHO has received a complete electronic application. The application must be submitted in English together with the supporting documents in their original language with a correct English translation (or a summary in certain cases).

Before you complete the form, please carefully read the document outlining the implementation framework of the Network in Phase VII and the Copenhagen Consensus of Mayors (referenced in Annex 7 of the document).

If you need assistance or have questions while completing this application, please contact the WHO Regional Office for Europe at: eurohealthycities@who.int

Applicant city

City: Derry City & Strabane

Country: Northern Ireland

City population: 150,380

Social media details: @DHCinfo

Coordinator

Name: Erin Mc Feely

Title: Chief Executive

Address 1: Building 83
Londonderry

Address 2: Ledwidge Avenue, Ebrington

City: Derry-

Country: Northern Ireland

Postal code: BT47 6GZ

Telephone: 028 71 383386

Email: erin@dhcni.com

Website: www.dhcni.com

1. Political and partnership commitment

Mayor		
Name: Graham Warke	Title: Alderman	Date elected: June 2021
Address 1: Derry City and Strabane District Council	Address 2: 98 Strand Road	City: Derry
Country: Northern Ireland	Postal code: BT48 7NN	
Telephone: (028) 71346271/07975709326	Email: graham.warke@derrystra- ne.com	Website: www.derrystrabane.com

Politician responsible for the healthy city project in your city		
Name: Graham Warke	Title: Alderman	Date elected: 2015
Address 1: Derry City and Strabane District Council	Address 2: 98 Strand Road	City: Derry
Country: Northern Ireland	Postal code: BT48 7NN	
Telephone: (028) 71346271/07975709326	Email: graham.warke@derrystra- ne.com	Website: www.derrystrabane.com

Council resolution supporting the participation of the city in Phase VII

Date of council resolution:

Please email a signed, scanned copy of the council resolution.

A 2–3-page Phase VII situation analysis document

This should identify the opportunities and challenges in the goals and themes at the city level and the priority issues for Phase VII.

Please email a scanned copy of the document.

Letter of commitment from the mayor

The letter should indicate the mayor's agreement to the city participating in Phase VII and include explicit commitment to the following:

- the dedication of resources to deliver the implementation framework for Phase VII;
- active participation in meetings of the Network and subnetworks;
- participation of the mayor in meetings of mayors;
- external monitoring and evaluation of the city by WHO; and

- payment of an annual financial contribution throughout Phase VII (2019–2024).

Please email a signed, scanned copy of the letter of commitment.

2. Human resources

Coordinator

Name of coordinator (or equivalent) for the healthy city project in your city:

Erin Mc Feely

Title: Developing Healthy Communities, Chief Executive

Date appointed: August 2018

Full time? Yes No

(Full-time employees who only work part-time for the healthy city project are classified as part-time)

Curriculum vitae of coordinator

Please email a one-page summary.

Job description for coordinator

Please email a summary in English.

Coordinator's competence in English: basic intermediate advanced

If the coordinator is not fluent in English, what support is available?

Healthy city project office or team

How many staff members currently work for the healthy city project office or team?

(Full-time employees who only work part-time for the healthy city project are classified as part-time.)

Number of full-time staff: 0

Number of part-time staff: 1

Number of regular volunteers: 2

3. Intersectoral steering group or partnership group

Which people and agencies are represented on the main intersectoral steering group or partnership group that supports the healthy city project in your city?

NB. The Derry Strabane Healthy Cities Partnership Group is currently under review in line with the review of the community planning structures to which it aligns. It is envisaged that membership will be expanded in order to ensure appropriate breadth of participation in the Healthy Cities project.

Current membership includes;

Chairperson, Developing Healthy Communities

Director of Health and Communities, Derry City and Strabane District Council

Head of Health and Social Wellbeing Improvement (Western Area), Public Health Agency

Head of Health Improvement, Western Health and Social Care Trust

Area Manager, Western Area, Northern Ireland Housing Executive

What are the names of main agencies or representatives?

Please email a scanned copy of the letter of commitment to this application signed by the chair of the steering or partnership group.

4. City health profile

If your city has a city health profile, please answer these questions:

What is the title of the profile?

Statement of Progress on the Inclusive Strategic Growth Plan

What is its date of issue?

November 2019

An up-to-date performance level population wide indicator update is provided on a bi-annual basis (most recently Feb '21)

What is its status (for example: draft, in consultation, endorsed, implemented)?

Endorsed

What time does it cover?

2017-2019

Note: The Statement of Progress analyses a wealth of economic, health, environmental and social data from the period 2017-2019 to draw conclusions about Derry City & Strabane's progress towards its economic, social and health goals. Current measures for the indicators in the statement of progress are also expected to be available publicly as an online dashboard from Autumn 2021.

Please email a copy of the city health profile or its website link.

If your city does not have a city health profile, please answer these questions:

Do you have anything similar? If so, please describe it.

What are your intentions and time scale for producing a city health profile?

5. Integrated planning for health

If your city has a city health development plan or equivalent, please answer these questions: -

Can your city show evidence of integrated planning for health, such as a city health development plan or equivalent? Yes

What is the title of the plan?

Health and Wellbeing Outcome Delivery Plan (in the Inclusive Strategic Growth Plan)

What is its date of completion?

November 2032

What is its status (for example: draft, in consultation, endorsed, implemented)?

Endorsed

Partly implemented

What time period does it cover?

2017-2032

Please send a copy of the plan by email or the website link to the report.

If the plan is being implemented, are there progress or evaluation reports?

Yes ✓ No

If yes, list the titles and dates produced.

Statement of Progress, November 2020

SGP Action Progress Report, updated bi-annually in line with Indicator Update, February 2021

Please email the reports or the website links to the reports.

If your city does not have a city health development plan or equivalent, please answer these questions:

Do you have anything similar? If so, please describe it.

Is there evidence of strategic partnerships for health in your city?

Please outline the remit and/or achievements of the partnerships (in fewer than 200 words).

6. Health-promoting, equitable and sustainable local development

Can your city show evidence of health and well-being dimensions in the overall city development strategy or equivalent?

What is the title of the plan?

Inclusive Strategic Growth Plan for Derry City and Strabane

What is the date of its completion?

Ongoing

Currently November 2032, reviewed regularly

What is its status (for example: draft, in consultation, endorsed, implemented)?

Endorsed

What time period does it cover?

2017-2032

Please send a copy of the plan by email or the website link to the report.

If the strategy is being implemented, are there progress or evaluation reports?

Yes No

If yes, list the titles and dates produced.

Statement of Progress, November 2020

Please email the reports or the website links to the reports.

7. a) Goal 1: Fostering health and well-being for all and reducing health inequities

How will your city take forward Goal 1?

Please outline no more than three actions in fewer than 250 words. These actions should be measurable and represent key priorities as identified by the city health profile. These actions will provide the basis for the evaluation of the city throughout Phase VII.

In Derry City & Strabane, tackling the diverse and entrenched factors that contribute to health inequalities will continue to be a priority across all of the city and district's work.

Creating better places for health and wellbeing

Negative mental health indicators in our city and district are above national average levels and significantly above the national average in the most deprived areas.

Our Green Infrastructure plan and Natural Capital Account identify the potential physical and mental health benefits of enhanced greenspaces and active transport networks.

As a city and district we will pursue projects that connect existing green infrastructure to community resources and popular recreational destinations, creating new green infrastructure and connecting existing routes.

Investing in prosperity for health and wellbeing

One key factor in our city and district's overall health is its economic health.

Our City Deal investment package lays out plans to build prosperity through a more specialised and innovative economy with a distinct competitive advantage in health and technology.

In this phase we will make coordinated investments in medical education and technical innovation in partnership with Ulster University and the Western Health and Social Care Trust.

Protecting the environment for health and wellbeing

Our city Climate Adaptation Plan considers and proposes methods that reduce inequalities resulting from the economic, environmental and social impacts of anthropogenic climate change.

We will pursue the recommendations in the plan to ensure that it is not only the most advantaged who are able to live healthy, fulfilling lives as a changing climate affects how we live and work.

7. b) Goal 2: Leading by example nationally, regionally and globally

How will your city take forward Goal 2?

Please outline no more than three actions in fewer than 250 words.

Derry City & Strabane embraces opportunities to both learn and lead on national and international platforms. We adopt global models of best practice and use these to create opportunities for health and wellbeing locally.

Playing our part in global networks

Derry City and Strabane District Council is a signatory to a number of international networks. Our commitment to these networks is a key to achieving world-class

opportunities for better health and wellbeing for all. Alongside our longstanding commitment to the WHO Healthy Cities Network, this includes; UNICEF Child Friendly Cities, UNESCO Learning Cities, and Age Friendly Cities.

Protecting and respecting our environment

The people of Derry City & Strabane are rightly proud of the natural assets of our city and district. Within Phase VII Derry City & Strabane Council declared a climate emergency and subsequently launched a Climate Adaptation Plan. We also commissioned research which resulted in the launch of our Natural Capital Account, the first such document in Northern Ireland. We will continue to apply the insights of those documents across our work in this phase.

Transforming the banks of the Foyle

In this phase we want to continue the transformation of the banks of the river Foyle. Building on projects from previous phases, local partners are working with the internationally-acclaimed Eden Project to develop a transformational cultural, environmental, and educational attraction on the banks of the river, while the City Deal package also proposes an ‘innovation corridor’ along the riverfront which will house a cluster of research centres.

7. c) Goal 3: Supporting implementation of WHO strategic priorities

How will your city take forward Goal 3?

Please outline no more than three actions in fewer than 250 words.

As we recover from a global pandemic the WHO strategic priorities, including addressing health emergencies and promoting healthier populations, have never been more important.

Building on an inclusive, equitable response to Covid

Throughout the pandemic, the Council and its partners have been committed to the amplification of the Public Health Agency’s comprehensive messaging around transmission and vaccination including materials in a range of languages to ensure that the breadth of our local population has accurate, responsible information. That support will continue as we move towards a new normal.

Co-ordinated action embedded in structures and planning

As Northern Ireland moves to an integrated care model for local health service delivery, and the council renews its emphasis on Community Planning, we will create an environment where cohesive, holistic action on population health can be taken across organisational or functional boundaries. The Health and Wellbeing Outcomes theme within our Inclusive Strategic Growth Plan sets cross-directorate priorities for health improvement in this phase.

Improved health literacy

Population-level health literacy is critical to long-term public health and the Council is dedicated to its aim of health literate citizens, particularly in priority areas like mental

health and drug and alcohol misuse. We will continue to implement the Public Health Agency's Take 5 Steps to Wellbeing to support physical and mental health during and beyond the COVID-19 pandemic. Alcohol and drug awareness and intervention programmes have been identified through a consultation process in February 2021 as the priority actions within the health and wellbeing outcome.

8. Core themes of Phase VII

Theme 1: Investing in the people who make up our cities

Please describe (in fewer than 250 words) how you intend to address this core theme overall and which issues you intend to emphasize. These should be relevant to the results of your city's Phase VII situation analysis report.

Through the delivery of our Inclusive Strategic Growth Plan we will invest in people to reduce health inequalities throughout the City and District. We will do this by addressing key issues of preventable deaths, with a particular focus on improving mental health and wellbeing.

We will implement the NI Protect Life 2 2019-2024 strategy at a city and district level to address suicide, and will engage with and begin to implement relevant local plans based on the national 2021-2031 Mental Health Strategy.

Projects that will contribute to our goal include a Mental Health and Suicide Prevention Training Framework to rationalise the range and variety of mental health training available in Northern Ireland and the RAPID (Remove All Prescriptions and Illegal Drugs) Project to address issues of alcohol and drug related mortality.

Through the transition to Integrated Care we will work to revitalise public health capacity, delivering more care in the community and reducing demand in hospital services. This will be supported by development of a sustainable COVID-19 recovery plan in partnership with the Health and Social Care Board. This will allow robust action plans with regional consistency on key areas, such as service levels, staff redeployment, isolation, visiting and physical health of patients.

We will work on improving the City's Human Capital through skills development, increasing jobs and employment pathways. We are applying to continue our status as a UNESCO accredited Learning City and will continue to support a range of interventions including breakfast clubs, literacy and numeracy support, afterschool clubs and transition supports.

Theme 2: Designing urban places that improve health and well-being

Please describe (in fewer than 250 words) how you intend to address this core theme overall and which issues you intend to emphasize. These should be relevant to the results of your city's Phase VII situation analysis report.

Consistent with our Inclusive Strategic Growth Plan, our overall goal is that we connect people and opportunities through our infrastructure.

Our actions include creating healthy places and settings by ensuring people of all ages are better able to reach their full health potential.

As set out in our City Deal, we will progress regeneration projects that promote improved connectivity to leisure, health and education services throughout the city. We will also enable active and independent ageing through our continued implementation of Age Friendly Cities, and promote positive health outcomes for our children and young people through the Child Friendly Cities initiative.

We will promote access to and uptake of Healthy Transport across the City through our green infrastructure plan by developing a multi modal transport hub that encourages walking, cycling and use of public transport

The use of green and blue Spaces as prevention and pathway to recovery from physical and mental health will include delivering a physical activity health scheme within greenspaces, promoting greater activity to utilise green spaces and forming an evidence base to assess and monitor the health and wellbeing benefits of activities in greenspaces, for example, horticultural therapy, health walks, mindful contact with nature, forest schools, practical conservation & park runs and researching the potential of smart phone technology to encourage people to engage with their local green spaces to increase their activity levels.

Theme 3: Greater participation and partnerships for health and well-being

Please describe (in fewer than 250 words) how you intend to address this core theme overall and which issues you intend to emphasize. These should be relevant to the results of your city's Phase VII situation analysis report.

Partnership working is core to the delivery of improved health outcomes. From the Inclusive Strategic Growth Plan, to the City Deal, to many of the individual projects mentioned within this application; formal and informal partnership groups have been formed to co-design, consult on or implement initiatives that will improve health outcomes.

The Strategic Growth Partnership that led the development of our overall city Strategic Growth plan includes representatives from statutory bodies, community organisations, political representatives and more.

One challenge highlighted in our situation analysis is the need to align our local work with the national Programme for Government. This involves partnerships with government departments (e.g. the Department for Infrastructure in the city centre streetscape plans that we feature in question 10) and national bodies like the Public Health Agency.

But that is not the limit of how we intend to increase participation in health-building policy and projects during Phase VII: collaboration with community and voluntary sector organisations, joint planning with cross-border neighbours and co-design and consultation with our citizens will all play a part in our plans.

One significant partnership is our City Deal partnership with Ulster University which is intended to bolster the health sciences, develop the university's economic potential and train much-needed medical professionals.

Globally, we intend to capitalise on our involvement in worldwide networks – Age Friendly Cities, Unesco Learning Cities, Unicef Child-Friendly Cities and, yes, WHO Healthy Cities – to ensure that we are learning from the expertise of other jurisdictions around the world.

Theme 4: Improved community prosperity and access to common goods and services

Please describe (in fewer than 250 words) how you intend to address this core theme overall and which issues you intend to emphasize. These should be relevant to the results of your city's Phase VII situation analysis report.

Our approach to economic growth focuses not only on stimulating growth and creating jobs through investment in infrastructure and service provision, but also in ensuring inclusive growth and that as many people as possible have access to those jobs.

Our situation analysis notes high rates of both relative and absolute poverty, while uncertainty created by Brexit has affected investment in the city and district.

In that context, the City Deal and Inclusive Future Fund is critical to the city and district's ability to deliver a prosperous future for its citizens. The deal is the largest ever single investment package by Government into the Derry City and Strabane District council area.

The Inclusive Future Fund comprises an investment of £110m with £55m coming from the UK Government and £55m match funding from the Northern Ireland Executive to tackle the causes and consequences of long-term social and physical deprivation; create pathways to employment by providing jobs and skills opportunities; and build on the economic potential of the local university and innovation assets, making the local area more accessible and attractive to live, visit, study and invest.

In our priorities for Phase VII, we discuss how one strand of the City Deal investment – coordinated investment in medical education and innovation – will help the city and district to counter a shortage of medical professionals, raise aspiration in local young people, and encourage economic development in health and life sciences, an area of opportunity identified in our Inclusive Strategic Growth Plan.

Theme 5: Promoting peace and security through inclusive societies

Please describe (in fewer than 250 words) how you intend to address this core theme overall and which issues you intend to emphasize. These should be relevant to the results of your city's Phase VII situation analysis report.

When we feel we have some influence over those things that matter to us, some control over our own destiny, we feel better about our lives and our communities are strengthened.

We want to continue to build a united community, based on equality of opportunity, and strengthened by its diversity, where cultural expression is celebrated and embraced and where everyone can live, learn, work and socialise together, free from prejudice, hate and intolerance.

The Good Relations programme is important in relation to access to education, training and employment, the mobility of the workforce and in attracting investment – as investment depends, amongst other drivers, on having a settled and stable community.

Derry City and Strabane's Inclusive Strategic Growth Plan includes commitments to promote greater integration and inclusion within and between communities through animating shared spaces, services and facilities; reducing crime, disorder and intercommunity tensions by addressing interface and contested spaces issues and improving safety.

The commitment to deliver shared spaces that integrate communities is evident in this application through public realm and active travel projects which also deliver environmental, health and economic benefits.

We are improving mental health and wellbeing addressing the psychosocial elements of post-conflict reconciliation and strengthening inclusion, participation and social cohesion among those affected by the Troubles.

In our examples of good practice, we also highlight a community integration and peace-building project which integrates an up-to-date understanding on building resilience in the area of mental health, which is identified both in our situation analysis and the city and district's statement of progress.

Theme 6: Protect the planet from degradation, leading by example, including through sustainable consumption and production

Please describe (in fewer than 250 words) how you intend to address this core theme overall and which issues you intend to emphasize. These should be relevant to the results of your city's Phase VII situation analysis report.

When it comes to strategic planning, 'Protect the planet from degradation...' is a theme that the District Council in Derry City & Strabane has invested a great deal of energy in. In our 'areas of good practice' (Q9) we describe how the Council was the first in Northern Ireland to adopt a council-level climate adaptation plan, but that is far from the only document evidencing the city and district's determination to promote sustainable, climate-conscious decision making.

The Green Infrastructure Plan (2019-2032) and Natural Capital Account (2021, also a national first) lay out the benefits of sustainable development for health, wellbeing, tourism and business and inform a number of projects due to be delivered in Phase VII.

Under the theme of active travel, and reducing car-reliance, the Clooney Masterplan is a project, currently under consultation, which proposes to develop underused recreational space and connect existing greenways to facilitate active transport connections to community resources like the Glendermott Cricket Club.

Meanwhile the cross-border North West Greenway network will create active travel corridors that connect Derry City and Strabane to its surrounding towns. Both major urban centres in the Council District area will also receive a pedestrian-focussed regeneration project, as described in 'priority areas of action' (Q10).

As a city & district we believe that each of these projects will contribute to addressing the emissions-related challenges described in the situation analysis.

9. Three areas of good practice for Phase VII

Phase VII will include the identification of **three examples of good practice** that will be shared with cities across the Network for mutual learning and inspiration. These should address priority health outcomes or populations according to need, and should be demonstrated through the appropriate indicators.

Once your application to Phase VII is deemed successful, you will be asked to provide a full case study of the examples that will be shared with other cities, included in Phase VII publications and featured on the WHO website. These examples will also be used for your city-specific evaluation of Phase VII.

For each of the **three examples of good practice**, please provide the following.

- a short description of the example, including the need it addresses, its main achievements and the lessons learned (*please provide a narrative text of fewer than 350 words*);
- which Phase VII goal or theme this example addresses;
- which Sustainable Development Goals (SDGs) and specific SDG targets this example addresses (*please provide a simple list*); and
- the relevant SDG indicators for the last available year for the SDG targets that this example addresses – this will act as a baseline for the evaluation of Phase VII for your city (*please provide a simple list*).

1. Northern Ireland's first council-level climate adaptation plan

Derry City and Strabane is a city and district that knows the war on climate change is fought on two fronts. Taking action on emissions to reduce future climate change must come alongside adaptation to and mitigation of the current and future impacts on the ability of people to live safe, healthy, prosperous lives.

And the threat to the city and district is not an abstract one: extensive flooding in the Strabane area in 2015 and across the North West in 2017 damaged homes, businesses, agriculture, infrastructure and habitats.

In July 2020, Derry City and Strabane District Council became the first council area in Northern Ireland to adopt a Climate Change Adaptation Plan. The plan will ensure the Council is prepared for and resilient to the effects of climate change.

The aims of the Adaptation Plan are to increase capacity to respond to climate change; to raise awareness of the impacts of climate change across the City & District; and to lead by example and work collaboratively to ensure resilience and deliver climate adaptation.

Derry City and Strabane District Council Chief Executive John Kelpie says: “As demonstrated during the global pandemic, councils are uniquely positioned to lead at times of crisis, adapting services and supporting local resilience where needed most. The same is true when responding to the impacts of climate change... At a time when global action is required, we have decided to act locally while thinking globally.”

Under the plan the council has established a regional emissions baseline and set an annual greenhouse gas emissions budget, started to provide vigorous climate change awareness training to elected members & staff, begun to screen all policies and

committee reports for climate implications and established several necessary structures to include a broad range of stakeholders in climate action. Implementation throughout the life of the plan will be monitored by the All-Party Climate Adaptation Working Group.

The Council has also pledged to achieve net zero greenhouse gas emissions across the city and district by 2045.

Phase VII goal or theme addressed

Theme 6: Protect the planet from degradation, leading by example, including through sustainable consumption and production

Goal 2: Leading by example locally, nationally or globally

Sustainable Development Goals and SDG targets addressed

Goal 13. Take urgent action to combat climate change and its impacts

13.1 Strengthen resilience and adaptive capacity to climate related hazards and natural disasters in all countries

Relevant SDG indicators

13.1.3 Proportion of local governments that adopt and implement local disaster risk reduction strategies in line with national disaster risk reduction strategies

2. Integrating up-to-date mental health approaches into a proud history of peace-building

As described in our Situation Analysis, segregation and social division continue to present a historic challenge in our city and district, as they do across many areas in Northern Ireland, but to focus solely on residential or academic segregation on religious lines is a mistake and ignores the success of decades of cross-community projects, particularly those targeting school-aged children, which have shifted attitudes and built peace in the city and district in the wake of the conflicts of the last century.

A 1990s cross-community peace initiative provides the backdrop for the season 2 opener of the hugely popular Channel 4 television comedy Derry Girls. And while writer Lisa McGee pokes affectionate fun at clumsy efforts to integrate catholic and protestant schoolchildren through orienteering, abseiling and earnest group chats, the 2021 successors of those efforts adopt a far more current understanding of mental health, coping methods and intergenerational trauma.

The Mind, Body and Soul Project brought 11-12 year olds together in cross-community activities that included weekly mental health and wellbeing workshops designed to assist in building resilience. Funded by Peace IV – an EU programme designed to support peace and reconciliation in Northern Ireland and the border region – the project engaged students from St Mary's College, Oakgrove Integrated College and Lisneal College.

The sessions introduced young people to self-care techniques including mindfulness, meditation and breathing exercises to provide support and knowledge when dealing with stress, anxiety and other negative thoughts and feelings. Each participant also received a yoga kit and completed six weeks of yoga classes teaching them another valuable self-care tool that can be sustained long after the project completes.

Students engaged enthusiastically in the cross-community, extra-curricular activities

and reported that the tools they had learned were particularly relevant in the context of worry and distress caused by the Covid 19 pandemic.

Phase VII goal or theme addressed

Theme 3: Greater participation and partnerships for health and well-being

Theme 5: Promoting peace and security through inclusive societies

Sustainable Development Goals and SDG targets addressed

Goal 3. Ensure healthy lives and promote well-being for all at all ages

3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being

Goal 16. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

16.1 Significantly reduce all forms of violence and related death rates everywhere

Relevant SDG indicators

3.4.2 Suicide mortality rate

16.1.3 Proportion of population subjected to (a) physical violence, (b) psychological violence and (c) sexual violence in the previous 12 months

3. Encouraging sustainable choices from birth with access to an affordable community resource

It is estimated that three billion nappies are thrown away every year in the UK. What's more, for young families disposable nappies are a significant expense, eating away at household budgets during a child's critical early years. Reusable nappies tackle both challenges at once, reducing the landfill and saving families up to £1,000 from birth to potty.

But purchasing a set of reusable nappies involves a much larger initial outlay and parents are often apprehensive about the prospect of washing and reusing cloth nappies. Thanks to the Zero Waste North West Nappy Library, parents can access a full reusable nappy kit, filled with 30 reusable, adjustable nappies in a range of sizes, made from a range of materials including bamboo, hemp and cotton, for six weeks at a cost of only £10 plus a £10 refundable deposit.

Derry City and Strabane District Council and Zero Waste North West launched the library in July 2021 at an event in Derry's Brooke Park with Mayor Graham Warke in attendance. The successful launch saw every available nappy kit hired out and the number of available kits has since been doubled. Despite this, there is still a waiting list to hire the kits.

Outreach events like the launch are also one way in which the library is breaking down barriers to alternatives to disposable nappies. One attendee wrote on Facebook: "Can't wait to start trying out the reusables. Thanks for all the info, I definitely feel less daunted now!"

Zero Waste North West is also investigating expanding the size range of nappies in the library to make sustainable choices available to a wider age range and is exploring partnerships with local childcare providers.

Once parents are convinced about the benefits, they can access the Council's pre-existing reusable nappy incentive scheme which offers £30 back when they spend £50 on reusable nappies. Great news for the environment and their wallets.

Phase VII goal or theme addressed

Theme 4: Improved community prosperity and access to common goods and services

Theme 6: Protect the planet from degradation, leading by example, including through sustainable consumption and production

Sustainable Development Goals and SDG targets addressed

Goal 12. Ensure sustainable consumption and production patterns

12.5 By 2030, substantially reduce waste generation through prevention, reduction, recycling and reuse

Relevant SDG indicators

12.5.1 National recycling rate, tons of material recycled

10. Three priority areas of action for Phase VII

Phase VII will include the identification of **three priority areas of action** that you will address in Phase VII as a member of the Network. These should emerge from the findings from your city health profile, and address priority health outcomes or populations according to need. Progress will need to be determined through the appropriate indicators.

These priority areas of action should be consistent with your answers to Section 8 of this application form. They will be used as the basis of your joint commitment with WHO under Phase VII and for your city-specific evaluation of Phase VII.

For each of the **three priority areas of actions**, please provide:

- a short description of the priority action, including the need it addresses, the main activities planned (including the evidence base for the planned interventions) and the expected outcome(s) (*please provide a narrative text of fewer than 350 words*);
- which Phase VII goal or theme it addresses;
- which SDGs and which of their specific SDG targets it addresses (*please provide a simple list*); and
- the relevant SDG indicators for the last available year for the SDG targets that it addresses – this will act as a baseline for the evaluation of Phase VII for your city (*please provide a simple list*).

1. Promote the use of green and blue spaces as a resource and pathway to recovery for physical and mental health

The 2021 Health Inequalities Annual Report for Northern Ireland identifies Primary 1 Obesity as one of the most notable health income measures in which Derry City & Strabane performs worse than the Northern Ireland average. It is also among the measures in which the deprivation-related health inequality gap widened in the report. The same report identified Standardised Admission Rate: Self Harm as having the third widest inequality gap in the Council District.

One way in which we plan to address these inequalities is through the development of improved green infrastructure. Our Green Infrastructure Plan states that “increasing greenways, recreational trails and accessible greenspace will encourage and enable people to live healthier, more active lifestyles and provide further benefits in reducing carbon emissions and connections for people and wildlife,” while our Natural Capital Account also identifies the value of green infrastructure. The GIP continues “implementing these features will benefit the individual and the community physically, psychologically, emotionally and socio-economically,” citing the work of Markevych et al. linking greenspace to health.

The delivery of two key projects – the Clooney Masterplan and the cross-border NW Greenway Network – will connect walking and cycling infrastructure with green spaces, popular recreational destinations, sporting facilities and community resources.

Existing green infrastructure is already well used both for recreation and travel by individuals and by community groups like learning disability charity Destined Derry with their disability-friendly bike club and local businesses like adventure tourism firm

Far and Wild, highlighting how accessible green infrastructure can provide health and economic benefits across society. We expect that the benefits of such infrastructure will be amplified across all sections of the local community as our green infrastructure plan is implemented.

Phase VII goal or theme addressed

Goal 1: Fostering health and well-being for all and reducing health inequities

Theme 2: Designing urban places that improve health and well-being

Theme 6: Protect the planet from degradation, leading by example, including through sustainable consumption and production

Sustainable Development Goals and SDG targets addressed

Goal 3. Ensure healthy lives and promote well-being for all at all ages

3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being

Goal 11. Make cities and human settlements inclusive, safe, resilient and sustainable

11.7 By 2030, provide universal access to safe, inclusive and accessible, green and public spaces, in particular for women and children, older persons and persons with disabilities

Relevant SDG indicators

3.4.2 Suicide mortality rate

11.7.1 Average share of the built-up area of cities that is open space for public use for all, by sex, age and persons with disabilities

2. Coordinated investment in medical education and innovation for the benefit of local communities

Health innovation and education is a thread that runs through the £250m City Deal and Inclusive Future Fund investment plan, bringing in partners like Ulster University and the Western Health and Social Care Trust to build an ‘Innovation Corridor’ that will be home to a fast-growing cluster of Ulster University research centres of excellence that will bring together researchers, business and the local community.

In August 2021, Ulster University’s Magee Campus in Derry-Londonderry welcomed the first 70 students to its new graduate entry medical school – the first dedicated Graduate Entry Medical Programme (GEM) in Northern Ireland – which will help address the wider issue of a shortage of doctors while deepening Ulster University’s position as an entrepreneurial civic university, embedded within and serving the local community.

For Louise Dubras, Foundation Dean of the new medical school, the graduate entry programme is also a tool for social mobility in the region. She told attendees at the 2021 Derry City & Strabane Healthy Cities Conference that: “We want people who thought they couldn’t study medicine. They did a degree in something else and then found their academic feet, no matter what their A Level grades were. There’s something immensely powerful about helping to raise the ambitions and aspirations within a community.

“If schoolchildren see that we’re training doctors, see that we’re training nurses, see that we’re training allied health professions on their doorsteps, then they can begin to see that this is something they might want to share a piece of. Then there’s something hugely powerful about those students working with children in a hospital, or in local

communities.”

The investment deal also includes plans for a Community Health Company which will study the genes of the people of the city and region. Similar to a Credit Union model, the local community will be owners and shareholders with any revenue generated being put back into the community for research and community well-being initiatives.

Phase VII goal or theme addressed

Theme 1: Investing in the people who make up our cities

Theme 3: Greater participation and partnerships for health and well-being

Sustainable Development Goals and SDG targets addressed

Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

4.4 By 2030, substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent jobs and entrepreneurship

Goal 8. Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

8.3 Promote development-oriented policies that support productive activities, decent job creation, entrepreneurship, creativity and innovation, and encourage the formalization and growth of micro-, small- and medium-sized enterprises, including through access to financial services

Relevant SDG indicators

4.4.1 Proportion of youth and adults with information and communications technology (ICT) skills, by type of skill (not directly relevant)

8.3.1 Proportion of informal employment in total employment, by sector and sex

3. Streetscape projects that prioritise pedestrians and prosperity

Derry City and Strabane’s relatively compact urban centres are a clear advantage when it comes to active transport. ‘Walking the walls’ – a c1.5km circular route along the top of Derry-Londonderry’s 17th century walls – has long been popular with locals and visitors alike, but at street-level competing priorities such as vehicular traffic flow have sometimes stymied the city and district’s potential as a pedestrian’s paradise.

Two streetscape projects, which are both informed by the success of previous public realm projects and extensive engagement and partnership with businesses, are aimed at delivering economically-thriving, pedestrian-friendly city and town centres.

The first, developed in partnership with the local business community, is a temporary one-way system for Derry’s city centre which gives significant street space back to pedestrians and businesses on the Diamond (the city’s central plaza) and Bishop Street, along with a number of smaller streets and spaces. The new traffic management system is part of the Council’s Covid recovery plans, supporting businesses in the area as they embark on the path to successful recovery.

The plans constitute a 12-18 month “experiment” which Regeneration Manager Tony Monaghan says will “repurpose spaces and send a message that the city centre is for people.” Tony believes that benefits including increased footfall and commercial activity will demonstrate the business case for further investment in a vibrant, welcoming and accessible city centre with open space for trade, entertainment and

leisure.

Secondly, Plans for Strabane town centre promise improved connections to public transport through a new foot bridge and enhanced, high quality public realm, while cycle and pedestrian routes will connect the new public spaces.

The project will transform an area which has suffered from high deprivation, poor health outcomes and high unemployment by creating new physical infrastructure centred around the historic canal basin to include a primary health care hub, a further and higher education campus of the North West Regional College and a leisure centre along with business incubation units.

Phase VII goal or theme addressed

Theme 2: Designing urban places that improve health and well-being

Theme 4: Improved community prosperity and access to common goods and services

Sustainable Development Goals and SDG targets addressed

Goal 11. Make cities and human settlements inclusive, safe, resilient and sustainable

11.7 By 2030, provide universal access to safe, inclusive and accessible, green and public spaces, in particular for women and children, older persons and persons with disabilities

Relevant SDG indicators

11.7.1 Average share of the built-up area of cities that is open space for public use for all, by sex, age and persons with disabilities

11. Strengthening partnership and coherence

Please provide a short description of how your healthy city activity links to SDG implementation within your city; with other cities; with national initiatives led by your national government; and with international partnerships.

Please provide a simple list.

Within the city

The Healthy Cities Coordinator supports SDG implementation by fostering an environment in which innovative, health-supportive ideas and policies can emerge in the public, private or community sector. Methods include...

- Hosting a Healthy Cities Conference in 2021 for local leaders with expert international speakers and vibrant discussion of the city and district's challenges and opportunities
- Building a community of cross-sector leaders through online seminars and informal networking which focus on tackling key areas of health inequalities
- Active engagement with Derry City & Strabane District Council's central strategic planning function

Questions 9 and 10 in this application detail good practice and priorities within the city that support the following SDGs...

- Goal 3. Ensure healthy lives and promote well-being for all at all ages
- Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
- Goal 8. Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all
- Goal 11. Make cities and human settlements inclusive, safe, resilient and sustainable
- Goal 12. Ensure sustainable consumption and production patterns
- Goal 13. Take urgent action to combat climate change and its impacts
- Goal 16. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

Nationally

At the national level, programmes that support delivery of the Sustainable Development Goals include...

- Programme for Government
- Protect Life 2: Suicide Prevention Strategy
- Northern Ireland Community & Voluntary Action (NICVA) SDG Working Group

Internationally

Derry City & Strabane is active in the following international networks...

- UNESCO Learning Cities
- Unicef Child Friendly Cities
- WHO Healthy Cities
- Age Friendly Cities

As a border city & district, Derry City & Strabane maintains strong and productive relationships with cross-border partners including Donegal County Council.

12. Capacity-building

How will your city address training and capacity-building for increasing leadership, strengthening participatory governance, improving health for all and reducing health inequalities throughout Phase VII?

Please identify no more than three actions in fewer than 250 words.

Core to the ongoing growth in Derry City & Strabane's capacity for health promotion and development is the **adoption of an Integrated Care Model** which brings together healthcare professionals representing every facet of the local healthcare system, from community pharmacists to social workers to general practitioners, to join up services and invest in ways to prevent or manage illness. The model marks a shift in health leadership towards more local decision-making power and outcomes-based accountability. The local Northern Sector Integrated Care Partnership is represented on the regional health inequalities working group.

Development and promotion of a Mental Health and Suicide Prevention Training Framework will rationalise the range and variety of mental health training available in Northern Ireland and support knowledge and skills development. The framework will provide a pathway through the varying steps of training and will encourage consistency across the Health and Social Care Western Trust region, which includes the Council District.

Finally, Derry City & Strabane District Council's Climate Change Emergency Pledge, which we reference in detail in Q9, includes a commitment to **deliver "vigorous Climate Change Awareness Training to elected members and staff."** The pledge acknowledges that every action and decision taken by Council will have climate change implications, equipping local leaders to make decisions that will positively affect quality of life in the long term. The accompanying Climate Change Adaptation Plan also notes that "climate change has and will continue to disproportionately affect those most in need," drawing the link between climate action and health inequalities.

13. Networking

What are the strengths or experiences your city could contribute to the overall work of the Network?

Please identify no more than three areas in fewer than 250 words.

Derry and Strabane first joined the global network of Healthy Cities in 2009 and remains one of only a handful of areas in Ireland and the UK to be leading the way, through participation in this political movement to make health and wellbeing a central strategic approach. Over the past 12 years we have been committed to bringing health to the forefront of the city and district's political and social agendas and our commitment has and will continue to encourage participatory governance, intersectional collaboration and action to address the determinants of health which sit outside the traditional brief such as housing, education and social welfare.

Through our years of experience prioritising health for the City, we have successfully facilitated collaboration across public, private, academia and voluntary and community sector organisations, **bringing together key decision makers, enabling networking, shared learning and the identification of new innovative approaches to address health inequalities** within our City. As part of this designation application, we connected more than 90 local civic, business and third sector leaders and organisations to identify the key issues for the City, now and in the future, and the priority areas for action.

We have established a strong movement for public health at a local level through research, community engagement, co-design and co-production, thought leadership, skills development and information sharing and we continue to provide a platform that showcases local innovation and promotes access to international learning and networking.

How does your city expect to gain from membership in the Network during Phase VII?

Please respond in fewer than 250 words.

Derry City and Strabane's association with the Healthy Cities network is a point of pride for the city and district, and in Phase VII we expect to build on the networking, collaboration and sharing of best practice that springs from membership.

In particular, learning from the experiences of other cities in the network and taking inspiration from their successes, will be hugely important as we move forward. At the 2021 Derry City & Strabane Healthy Cities Conference – an online event which brought together around 90 local leaders from community groups, local government, the healthcare sector and local businesses – Cork Healthy Cities Coordinator Denise Cahill's presentation received a fantastic reception from attendees, and we hope to introduce voices from other cities in the network at future events.

It is also worth mentioning one factor that can't be ignored in this phase: the response to Covid-19. The pandemic has led many cities, including our own, to reset expectations and plans around public health and we expect the coming five years to be a time of real innovation and experimentation. In this context it is all the more important to stay connected to the ideas and experiments being implemented elsewhere and we see the Healthy Cities Network as a key medium to maintain that connection.

National network of Healthy Cities

Does your country have a national network? Yes x No
Is your city a member of this national network? Yes x No

Other networks of healthy cities

Are you a member of a regional or metropolitan (subnational) network of healthy cities?
Yes No x
If yes, which?

NB. Derry and Strabane works closely with Belfast Healthy Cities, in promotion of WHO strategic objectives and priorities in Northern Ireland.

Other international city networks

Are you a member of any other international city networks working for health or sustainable development?
Yes x No
If yes, which?
Age Friendly Cities
UNESCO Learning Cities
UNICEF Child Friendly Cities

14. City Phase VII overview

Once your application is successful and your designation complete, your city will be featured on the WHO website. Please provide a narrative text providing an overview of your city's Phase VII implementation, and provide a high-resolution photograph to be included on the WHO website. The narrative should focus on the reasons for applying to the Network, the city's vision in terms of Phase VII outcomes, the city's main health needs, examples of what the city intends to address during Phase VII and an example of good practice.

The narrative should be fewer than 400 words. It does not need to include key facts and figures as these will be presented elsewhere on the relevant webpage.

Coming out of a global pandemic, Derry City & Strabane has a lot of reasons to be hopeful about the future. Our city is healthier and greener than in 2009, when we first joined the WHO Healthy Cities Network, and we can look forward to the impact of the City Deal and Inclusive Future Fund – the largest ever single investment package by Government into the Derry City and Strabane District Council area – in the coming years.

We are proud to be the first council area in Northern Ireland to adopt a Climate Change Adaptation Plan, which will ensure we are prepared for and resilient to the effects of climate change, and the first to produce a Natural Capital Account that analyses the true value of our green and blue spaces.

But for all our success in building a healthy, inclusive, thriving city and district, some health challenges have proved more intractable. Mental health indicators remain higher than the national average, particularly in the most deprived areas. And that health inequality gap is significant across many health measures in our 2020 city statement of progress. It is those issues that are our priorities in Phase VII of the network, alongside the mitigation of and adaptation to the effects of manmade climate change which is as pressing an issue for us as it should be for every city worldwide.

By conducting analysis like our Natural Capital Account, which quantifies the economic, social and health benefits of effective management and development of green resources, we have been able to strategically consider the projects that will deliver maximum benefit across all three of our priorities – mental health; health inequalities and environmental health. In particular in this phase we will develop green and blue spaces as a preventative resource and pathway to recovery for physical and mental health.

Derry City and Strabane's association with the Healthy Cities network is a point of pride for the city and district, and in Phase VII we expect to build on the networking, collaboration and sharing of best practice that springs from membership. In particular, learning from the experiences of other cities in the network and taking inspiration from their successes, will be hugely important as we move forward.

15. Monitoring and evaluation

Does your city confirm that it agrees to be externally evaluated by WHO?

Yes No

This should appear in the letter of commitment from the mayor (see Section 1).

Is your healthy city project systematically monitored or evaluated?

Yes No

If yes, describe:

Please email a signed, scanned copy of any substantial report or a website link to the original.

Thank you for your interest in becoming a member of the WHO European Healthy Cities Network in Phase VII.

Please print a copy of this page for your records.

Below is a checklist of signed, scanned or original documents to be submitted by email with the application.

- Council resolution supporting city participation in Phase VII
- Letter of commitment from the city mayor supporting city participation in Phase VII
- Phase VII city situation analysis document
- City development strategy analysis document
- City statement indicating how the city will benefit membership in Phase VII
- Curriculum vitae of coordinator
- Job description for coordinator
- Letter of commitment to this application signed by the chair of the steering or partnership group
- City health development plan
- City health profile
- Optional evaluation report
- Completed and signed Declaration of Interests form for the city coordinator
- A completed and signed non-exclusive licence to use photographic images

In the heading of your application package, please reference “Phase VII Healthy Cities Network application documentation”.

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