

Eden Health and Wellbeing Forum 22 July 2021

Present: Judith Derbyshire (chair, EDC councillor), Cathryn Beckett (Public Health Lead), Oliver Carswell (Active Cumbria, Development Officer, CCC), Louise Jeffrey (Eden Housing), Dani Leslie (Eden Carers), Elizabeth Walker (Adult Education), Hilary Snell (Penrith Town Councillor, Eden Patient Participation Groups), Amy Frith (Community Development Assistant), Phil Dew(EDC and CCC councillor), Doug Huggon (Leisure Dept, EDC), Lissie Sharp (EDC councillor), Elizabeth Walker(CLAS, Community Learning and Skills), Michael Hanley (EDC councillor)

report by Michael Hanley.

1. Covid Update: Cathryn Beckett.

There has been a huge increase in Covid cases. Yesterday there were 169 new cases (317/100k). At the time of the previous meeting there were just 5 cases over the previous week. There were 3300 new cases last week, that was an increase of 64% over the previous week. Carlisle had the largest increase, above regional and national averages. 12-18 and 18-39 year olds had the greatest increase. 87% are under 50, 6 times higher than the over 50 age group. There was an increase in Covid hospital admissions last week. As of the 18th of July there were no Covid deaths. Vaccination reduces household admission by 50%, 91% of the eligible population has received the first vaccine (93% in Eden). The second vaccine should not be given later than 8 weeks after the first. There are particularly low vaccination rates in younger people. From the 19th of July, there are no limits on social distancing and face coverings are no longer required. Night clubs can reopen. There are no restrictions on communal worship. Limits on visits to care homes will be removed.

2. Tackling Inequalities: Cathryn Beckett.

There is a priority to reduce loneliness and isolation. There is national guidance. Some rural communities are quite resilient. There are many people in Penrith who are experiencing isolation and loneliness. Anna Sives, from the Primary Care Network (Eden network of GP practices), has been working with patients who are socially isolated. Social prescribers have been working with these patients. They are looking to art and culture. Fit for All has also been useful. A lot of these are just restarting again after the pandemic period. Sport England has developed an inequality fund. No group in Eden has applied for this yet. Many groups in Barrow have received financial help. Elizabeth Walker said that tutors are being trained to go into schools. The aim is to get children more active (focusing on the the non-sporty ones).

3. Improving Lives with Physical Activity: Oliver Carswell.

There is a five year plan to increase physical activity. This will improve well being, mental well being, social and community development, children and young people. Increased physical activity reduces cognitive decline by 40%, reduces diabetes by 35%, reduces high blood pressure by 33%, reduces depression by 48%, reduces overall mortality by 30%, reduces fractures by 66%, reduces breast cancer by 20% and reduces coronary artery disease by 20%. Active Cumbria is part of a national team and is hosted by CCC. There are 14 staff. The cost of physical inactivity in Eden is about 1 million pounds per year. In Eden, 22% of children, 4-5 year olds, are obese, 31% of 10-11 year olds. 60% of over 18 year old adults are obese. The priority is to support children in the early years and support older adults to be more active. Key areas are: Penrith South and North, Pategill, Greystoke and Brough. Alston was a priority in the past, its

no longer in the top 20 in Cumbria. Oliver has worked in SKS and schools in Kirkby Stephen and Appleby. Walking for Health which is (now called Ramblers) has helped. Elizabeth Walker said that they do a course: "Eating healthily on a budget". We discussed the recent deaths by drowning in Cumbria. There are children who cannot swim, despite it being a requirement that all children should be able to swim 20 metres by the end of primary school. Doug Huggon said it would be good to identify these children to provide funding to help them to learn to swim.