

REPORT TO: POLICY AND RESOURCES COMMITTEE - 8 MARCH 2004
REPORT ON: CORPORATE HEALTH IMPROVEMENT DEVELOPMENT
REPORT BY: ASSISTANT CHIEF EXECUTIVE (COMMUNITY PLANNING)
REPORT NO: 158-2004

1 PURPOSE OF REPORT

To advise the Council of the health improvement development work carried out by departments to ensure maximum health gain with local authority resources. This is in line with the Council's role as a Public Health Organisation (Report No 266-2002). This updates the previous report highlighting corporate health improvement priorities and areas of joint responsibility with partner organisations (Report No 480-2002).

2 RECOMMENDATIONS

2.1 It is recommended that the Council:

- 1) approves the corporate health improvement development work, reflecting Local Authority corporate priorities and areas of joint responsibility with partner organisations and health alliances
- 2) notes the programme of departmental health improvement initiatives
- 3) remits the Assistant Chief Executive (Community Planning) to produce an update report in March 2005 confirming the Local Authority's health improvement priorities and stating the progress made in achieving agreed targets with partner organisations

3 FINANCIAL IMPLICATIONS

There are no financial implications for the Council.

4 LOCAL AGENDA 21 IMPLICATIONS

Addressing health inequalities and improving public health is consistent with the theme of protecting health and preventing illness.

5 EQUAL OPPORTUNITIES IMPLICATIONS

The Public Health Improvement Officer and Corporate Health Network will help ensure equality of access to services that impact on well-being of communities.

6 ANTI-POVERTY IMPLICATIONS

The report is consistent with the Council's Anti-Poverty strategy, in particular through delivering services that help reduce health inequalities.

7 BACKGROUND

7.1 Corporate Health Improvement Development

7.1.1 The previous report on the Developing Context for Local Authorities as Public Health Organisations (Report No 266-2001) highlighted the Council's role in improving health, as viewed by the Scottish Executive in Our National Health and COSLA in their audit of Local Authorities and Public Health Organisations.

7.1.2 In 2003, a Scottish Executive paper "Improving Health in Scotland - The Challenge" further targeted the health improvement work of local authorities to improve the health of all people in Scotland and:-

"narrow the opportunity gap and improve the health of our most disadvantaged communities at a faster rate, thereby narrowing the health gap".

The paper identifies the key risk factors affecting health. The risk factors are tobacco, alcohol, low fruit and vegetable intake, physical activity levels and obesity. Within the paper four themes are also identified; early years; teenage transition; the workplace and community-led.

The paper recognises that the health and well-being of individuals and communities lie at the heart of many policies and actions and states explicitly the link with Social Justice and the development of the Community Plan and Joint Health Improvement Plan.

7.1.3 The Scottish Executive reinforced the health improvement role of Local Authorities through the Local Government in Scotland Act 2003. Among other things, this legislation gave Local Authorities the power to promote or improve well-being within the community.

7.1.4 To maximise the impact of Dundee City Council's response to the health improvement agenda, corporate health improvement priorities have been identified to focus effort on the key health issues facing the city. The process will be taken forward in the following ways by:

- supporting the implementation of key health improvement priorities in the Community Plan and Joint Health Improvement Plan in conjunction with the NHS Tayside Health Improvement Committee and Healthy Dundee
- working with NHS Tayside in preparing and implementing health improvement plans
- supporting Elected Members and Council Officers to promote and improve well-being in the community
- continuing to develop the Corporate Health Network as the main focus to facilitate the development and implementation of corporate health improvement activity
- raising departmental awareness of health improvement issues and building their capacity to promote positive public health
- supporting health improvement in the workplace by working towards Bronze Award in Scotland's Health at Work Scheme on a Council-wide basis

7.2 Departmental Health Improvement Activity

7.2.1 Dundee City Council currently engages in a broad range of service activity that is health improving. Much of this is achieved through key departments such as Social Work, Education, Housing, Leisure & Arts and Communities. Appendix 1 lists the range of health improvement development work in place or planned.

7.2.2 All Council Departments are now working towards SHAW Bronze Award. The target set is for all departments to have achieved the award the end of 2004. Appendix 2 lists range of SHAW departmental activity to date.

7.2.3 In September 2003, Dundee City Council Licensing Board introduced a no-smoking condition attached to the granting of children's certificates to licensed premises. Relevant Council departments will continue to work with NHS Tayside in supporting Elected Members and Council Officers in smoking prevention and cessation measures.

7.3 Reporting Progress

7.3.1 The Assistant Chief Executive (Community Planning) will report annually to the Policy & Resources Committee to provide details of the progress made on health improvement activity by Dundee City Council. This will include monitoring progress on targets set by NHS Tayside Health Improvements Committee and Healthy Dundee in response to joint areas of responsibility.

8 **CONSULTATIONS**

Directors of all departments have been consulted in the preparation of this report.

9 **BACKGROUND PAPERS**

The Scottish Executive - Improving Health in Scotland - The Challenge, March 2003
Local Government in Scotland Act, 2003.

Chris Ward
Assistant Chief Executive (Community Planning)..... 09/03/04

DUNDEE CITY COUNCIL DEPARTMENTAL HEALTH IMPROVEMENT ACTIVITY

CONTRACT SERVICES

The Department has numerous mechanisms in place to assist employees in their fitness for work, including flu vaccination in arrangement with Hawkhill Medical Centre and a variety of counselling facilities through Xm Services.

The Department has also undertaken extensive training on health and safety matters and issues to all employees Personal Protective Equipment Kits.

COMMUNITIES DEPARTMENT

Health Development work within local communities is an integral part of its remit of the Communities Department. A great deal of its work has an underpinning value base that promotes well being and supports community capacity building. The Communities Department works closely with NHS Tayside in a variety of ways including joint funding for posts and projects. Input to specific initiatives that have a clear health focus include:-

- The Department leads on the implementation of the Councils Anti-Poverty Strategy which relates closely to the link of low income and poor health status. This includes supporting working groups that are aiming to address the needs of long term unemployed and lone parents.
- SIPS funded initiatives to tackle drugs misuse including:
 - staff training and education provided by Hilltown Drug Intervention Worker, and
 - Input to a number of health promoting SIPS small grant projects
- Dundee Healthy Living Initiative has been developed based on the work of the Community Development and Health Project and significant progress has been made towards reaching the targets set for its first year of operation. Local Action Plans are being developed through consultation and there has been an extremely positive response to opportunities available such as physical activities, healthy eating / cooking skills courses, establishing Health Information Points, providing health checks and facilitating training on specific health issues. It is closely linked to the Health Inequalities Strategy led by Tayside NHS Board.
- The Corner, Young People's Health and Information Project continues to have a high level of engagement with young people from across the city through its city centre drop-in and outreach work in local communities. The contacts at the city centre drop-in reflect a high level of contact for sexual health and mental health matters. The Corner offers training for young people and also offers support to access other service providers. The Corner also supports the FACE group in partnership with Barnardos and Social Work Department. The work of the FACE group is targeted at young people who are experiencing or at risk of sexual exploitation.
- Work with Older People – Some of these initiatives have been developed in partnership with Social Work Department and Tayside NHS Board.

- The Shore works in collaboration with DAFT (Drugs and Alcohol Free Time) to promote music events at weekends. The Shore also supports the 'Healthwise' and 'What's Cooking' groups and promotes awareness of health issues through activities and one off events.
- The Peer Education Project concentrates on training secondary school pupils in S2 to work with primary 7s pupil in delivering programmes on substance misuse and other health issues. It has also recently expanded its work to target young women from minority ethnic communities linked to Dundee International Women's Centre.
- Promotion of community based health activities through Centres and Projects ranging from physical activity sessions to youth health issues and one off health events.
- Promotion of Healthy Eating opportunities at a neighbourhood level through the implementation of a community based healthy eating action plan.
- The theme for Adult Learners week in May this year is Health. A wide range of health focused activities and opportunities will be available during week beginning 15 - 21 May 2004.
- The Department has played a key role in the creation of an interactive website named Cool2Talk which is funded by Tayside NHS Board. The website aims to offer young people answers to health queries and information relating to services in Tayside. Cool2Talk is to be launched at the end of January 2004.
- The thematic Social Inclusion Partnerships for Young Carers and Vulnerable Young People (Xplore). Xplore work with young people who are finding it hard to cope with school, home or work in their community. Social and emotional health issues continue to be among the main reasons for referral.
- Support for projects that tackle poverty and social inclusion, thus helping to address the broader detriments of poor health. An example of this is Dundee Anti-Poverty Forum, which leads initiatives such as the home safety equipment loan scheme; the LANG project distributing food to homeless hostels in the city and the Food and Health Network.

EDUCATION

Health Promoting Schools

A major feature of the Education Department Plan has been the development of Health Promoting Schools. This has been taken forward in the areas of physical activity, nutrition and the curriculum.

i) Physical Activity

- Advisory Group set up involving Education and Leisure and Arts Department to progress physical activity in relation to New Opportunities Fund bid for playground games, equipment and N2 school sport programme
- Support is provided by School Sports Coordinators (2) for each Secondary, N2 Sports Officers in 5 clusters and Active Primary Coordinators in 2 clusters. Agreement has been reached with sportscotland to fund a further 6 Active Primary Coordinators in 04/05.

- The NOF bid includes playground activities Initiative for P1-4. All primary schools will shortly receive a Playground Games Pack, 33 of the 41 will have playground markings and 8 schools large play equipment as part of the initiative. The scheme has been supported by a Playground Games Pack and in-service training for all playground supervisors.
- Physical Activity within primary lessons has been encouraged through the use of Class Moves and Brain Gym. Almost all schools have staff trained and in most schools the whole staff have been trained in the delivery of Class Moves and Brain Gym.
- A Class Moves peer project has been successfully piloted with primary 6 pupils working with nursery children and then continuing as supporters in Primary 1.
- An Active Schools Video has been produced illustrating daily physical activity along with healthy eating and the benefits of drinking water. This resource has been part funded by sportscotland and distributed to schools.
- A pilot of MAGIC (Most Active Guys in Craigie) with the Craigie High duster has also been successful.
- The Educational Development Service also hosts Andy Henderson, Rugby Development Officer for the area with the Scottish Rugby Union and he has been developing sporting initiatives related to health within schools.

ii) Nutrition

- Healthy Eating Tuckshops, promoting the eating of fruit and drinking water and/or milk, are being rolled out to primary schools as an enterprise project related to health, citizenship, eco issues and creativity. More than half the schools are now involved and plans are in place to assist the remaining schools. In-service and support materials have been provided. Plans are being made to offer similar opportunities to Secondary schools.
- Free fruit scheme introduced with Executive funding for Primary 1 and 2.
- Hungry for Success is also being linked to lessons within the curriculum to promote healthy food choices. May require a revision of Take Five dining initiative in primary schools.
- Drinking water provided in primary schools with plans for provision in secondary.

iii) Curriculum

An exemplar primary programme for Primary 1 to 7 covering personal safety, nutrition, drug education and sexual health and relationships education has been produced in early 2003 and is currently being implemented in many schools. The programme follows the new 5-14 Health Education Guidelines.

- All schools have been provided with resources to support the programme
- Plans in place to review and amend the Secondary Health Education exemplars to ensure that there is continuity and progression from the primary experience. The sexual health and relationships and drug education exemplars will be

reviewed and up dated. In addition issues such as mental and emotional health will be included within the suggested programme.

- The annual drama 'Access to Young People's Services' sponsored by Specialist Health Promotion Service has been now been taken up by all Secondary Schools
- Work is on-going in developing health promotion and the health curriculum with pre-school establishments and the Early Years team. This includes a pre-school version of class moves based on nursery rhymes and songs.

New Community Schools

The programme of New Community Schools (now called Integrated Community Schools) includes a Primary Pilot with all primary schools in the Baldragon / Lawside Clusters. In addition Braeview Academy, St Saviours HS and Baldragon Academy are part of the roll out programme.

All primary schools in the programme are working towards becoming Health Promoting Schools with a range of health related activities.

Additionally funded projects

- The Peer Substance Misuse Project continues with S2 pupils in Lawside and Morgan working with primary 7 pupils in their associated primaries. In addition, pupils participated in Parent Drug and Health Information evenings and in the Safe Taysiders programme. Some pupils have remained with the project to take forward media work for radio and television and in a health issues project with S1 pupils in Lawside Academy.
- Kick It, Kick Off, funded through the Children's Fund, continues with Dundee Football Club for pupils with behavioural difficulties.
- Health Promoting Schools Grants and Awards scheme funded by Tayside Health Board. Designed to support school based projects related to physical exercise, nutrition and smoking cessation. The first 12 projects have been approved and further opportunities will be available for schools to bid into the scheme that will run for 3 years. The best initiative each year, judged on their annual report will receive an award of £1k
- Breakfast Clubs, Dance Start, Oral health/tooth brushing project being planned with Early Years team.
- A health promotion specialist is supporting health developments in BNSF schools.

Other Initiatives

The work of health promotion is supported by 2 Staff Tutors with funding support from Specialist Health Promotion and the Executive. The team works closely with the Active Schools Coordinators and other health promotion staff within the Authority as well as with outside agencies.

A Staff Tutor responsible for developing the Safer Routes to School initiative will be appointed in the next few weeks. The scheme will be linked to curriculum issues in safety and exercise. In addition the post-holder will promote Scotland's Health at Work to schools as part of the inclusive development of Health Promoting Schools for staff, pupils and the community.

HOUSING DEPARTMENT

Homelessness

The Housing Department, in partnership with Health and local voluntary organisations, has submitted the first corporate Homelessness Strategy 2003-06 to the Scottish Executive. This incorporates the Health and Homelessness Action Plan 2002-05, and is being implemented to meet targets on assessment of need, resources, new accommodation, access to services, prevention of homelessness and client consultation.

Progress has been made on sharing of information between Health and Housing staff to improve the services to homeless households and assist vulnerable people to sustain tenancies. The Department's new Housing Support Team deliver practical support to clients and collaborate closely with Health staff to meet needs.

Housing staff also refer tenants to the new Community Mediation Service, to assist clients resolve disputes and prevent homelessness as a result of eviction due to anti-social behaviour.

It is anticipated that the Furnished Tenancies Grant will deliver at least 20 units of furnished accommodation for homeless people in Dundee. This will provide cooker, fridge, washing machine beds, floor coverings and curtains in flats and will improve the health and housing outcomes of homeless clients.

Housing with Care

Older People - This model of accommodation has been identified as an integral component in shifting the balance of care from institutional settings to community based ones. It will meet the support and care needs of older people who have critical/constant and complex needs.

Over the last 12 months, the Housing Department has provided fifteen housing with care units. These are located in three Dundee City Council sheltered housing complexes. The Social Work Department provide care and support Care and support to individuals in this type of accommodation. Increasing the number of housing with care units will be explored.

SMART Technology - A Radio SMART Warden call system will be installed in 26 Council sheltered houses beginning April 2004.

People with Learning Disabilities -Through the Partnership in Practice Agreement, the Housing Department will continue to work with the Social Work Department and NHS Tayside to ensure identified accommodation needs of people with learning disabilities are met.

LEISURE AND ARTS DEPARTMENT

The Department continues to promote positive health through its core service provision and in delivering a wide range of health enhancing activities as well as continually researching new partnership that have clear links with health improvements

The department has a lead role in the strategic approach to the health promotion of Physical Activities through Healthy Dundee, the Health Actions Team and chair of the Physical Activity Task Group

The programmes of activities available in the Department's Leisure facilities are being developed and extended to attract more residents of Dundee to undertake physical activity.

The Department provides a wide range of facilities that are being developed to promote positive health.

- Parks - Pathway networks are continuing to be generated for walking, cycling, horse riding, running and relaxation through the Paths for All initiative.
- Golf, football, hockey, rugby, tennis and bowling – courses, pitches, courts and greens are being progressed to attract increase usage.
- Swimming and all pool sports are being promoted with an updated Swimming Development Plan for the next four years and through their inclusion within the Leisureactive membership scheme and through the city wide distribution of Swim Dundee Brochure.
- Pre School swimming lessons programmes are being expanded and developed by utilising external funding to price lessons at only £ 1 per session
- School age swimming lessons programme are also being expanded by utilising external funding to price lessons at £1 per session and incorporating partnership working with Education and Communities Departments to provide out of school sessions. In addition inclusion is being promoted by incorporating people with disabilities.
- Fitness Studios, Climbing Wall and Health Suites are being advanced in general terms and through their inclusion within the Leisureactive membership scheme.
- Adult and children's fitness classes are expanding across five Leisure and Arts Department locations incorporating swimming pool and sports centre based activities with activities for mass use and specifically targeted sessions for children and older adults and also through their inclusion within the Leisureactive membership scheme.
- Gymnastics have been developing over the last year and there are now many more opportunities to access the sport of Gymnastics within local communities. Sport centre programmes have also been enhanced and extended to provide opportunities for children to access this sport, encouraging life long participation and physical activity citywide.
- There is currently a Sports Leadership Training Programme running in 16 clubs involved in the Dundee Out of School Care Network (DOSN). The programme has two main aims; to train and mentor the leaders of the clubs and to provide sports sessions on various sports for the children.
- Disability Sports team ensure that all age groups are catered for and offer a variety of physical activity programmes. Little Gymtime is a new initiative where there are integrated and segregated classes, Active club for people with a disability ensures that children and youths aged 5 – 14 are active in this evening provision. Fairmuir Sports Club ensures that people aged 16 + are active in various activities including Swimming, Bowls, Boccia, movement etc. Children who have specific additional needs, i.e., Developmental Coordination Difficulties (DCD) attend "The Sports Club" where they take part in physical activity once a week to improve balance, co-ordination skills and their self-esteem. During the Holiday Programmes organised by the Sports Development Section there is activities, which have addition staff allocated, this ensures that participants with a disability have support during these activities.

- Using the work developed by the Youth Sport Development project as an example of best practice, the Sports Development Section is currently developing their Pre-School Physical Activities Programme to include a community based programme as well as the Sports Centre 'Little Gymtime Programme'.

The Community Programme includes working with Nurseries, Child and Family Centres and other Community based Early Years Providers to develop and sustain the delivery of Physical Activity to Pre-Schoolers. The programme includes working with professional staff to develop their delivery of activities and encouraging parental involvement.

- The N2:sport project focuses on the development of five key programmes for the 5 – 14 age group. These are:

- **Playground Activities Programme:** aims to raise activity levels of primary school aged children by encouraging fun, unstructured activities in the play ground, at break times.

P1 – P4 Programme: aims to develop core motor skills and movement patterns of children in early primary school to equip them with the skills required for a lifetime of physical activity.

P5 – S2 Sport Specific Programme: aims to provide children with opportunities to participate in sport specific activities which are part of a wider infrastructure and that links to local sports clubs. The development of local sports clubs will be a key aspect of this programme.

P5 – S2 Alternative Programme: aims to provide children, particularly girls, with the opportunities to participate in 'alternative' activities which may be more fun, less structured and more appealing than traditional sports.

People Development Programme: aims to provide opportunities for developing the people who are required to implement and deliver the projects programmes in the future.

The N2:sport Project also aims to impact on the 14 – 18 year age group by developing opportunities to engage young people within a range of physical activity and sports.

- The Youth Sports Development Project continues to promote the role of physical activity and healthy living to children from pre-school years to older youths within the SIP areas through a wide range of programmes and provision. There is also an emphasis within the Project's work on enhancing parental knowledge of their child's physical development and increasing parental involvement with their child's activities. Programmes cover a wide range and include an award winning 0-5 year old programme, work to promote physical activity among "looked after children" within residential units and a 7 week Healthy Lifestyle Programme delivered to P5-7 within SIP 1 primary schools. The Project is currently developing resources for use within the group and home environment for the Health Promoting Nursery agenda.
- Effective partnership working with Leisure and Arts, Dundee City Sports Council, and national agencies such as **sportscotland** and CRBS has resulted in greater support to sports clubs, enabling them to progress and expand, allowing more opportunities for Dundee residents to participate in physical activity. Initiatives such as the N2:sport project, Clubwise and the forthcoming Club Accreditation Scheme all contribute to building stronger, sustainable sports clubs.

The Department also continues to undertake health improvement activities aimed at specific groups utilising external funding.

- Active for Life Exercise Referral Scheme is promoting physical activity to specific “at risk” persons and providing the opportunity for people to participate in physical activity across five locations, including the Paths to Health routes devised around the Kirkton area of Dundee, in partnership with the Specialist Health Promotion Service and the Communities Department
- Chronic Obstructive Pulmonary Disease Rehabilitation classes have high numbers attending and are expanding incorporating Fitness Studio and Swimming Pool based physical activity in partnership with Tayside Primary Care Trust
- Cardiac Rehabilitation Exercise Programme operating in partnership with TPCT and British Association for Cardiac Rehabilitation is to expand in the future when more trained staff are available
- Exercise for the Older Person physical activity programme is now across 10 community locations incorporating work with Dundee Healthy Living Initiative, Communities Department and sheltered housing complexes.
- Pre and Post Natal Aqua Aerobics is provided in partnership with TPCT and organised in conjunction with Health Visiting and Midwife staff.

PERSONNEL AND MANAGEMENT SERVICES

Personnel Department

The Personnel Department has a corporate role in improving the health and well being of employees. Policies are in place covering smoking, stress, alcohol and drugs, health and safety and ill-health management. The smoking policy, which is presently under review, recognises the right of employees to breathe clean air at work and therefore also impacts on the public and service users. In this respect, the Council sets an example to other employers and the community at large.

There are also "family friendly" policies that assist employees to manage and maintain a reasonable work/life balance.

Arrangements have been established with the Hawkhill Medical Centre and Xm Occupational Health Services for the provision of expert advice and assistance, including counselling and physiotherapy services where appropriate, in dealing with health issues affecting employees.

The Personnel Department has played a major part in promoting the Scotland's Health at Work Scheme (SHAW) within the Council. It was the first department to obtain a bronze award and is now working towards silver. Advice and support in this area have been provided to other departments.

The Council is the largest employer in the city and improvements in the health awareness and lifestyles of employees have a significant and positive effect on the community through their families and other social networks.

PLANNING & TRANSPORTATION DEPARTMENT

The key additional health improvement areas identified by the department are its involvement in Cycling, Walking & Safer Streets Projects (CWSS). Proposals for a programme of work during the year 2003-2004 include:

- Cycling – to develop a safe, convenient and cohesive infrastructure that encourages and facilitates cycling.
- Walking – to make it safer and easier to get around locally by walking.
- Social Inclusion – to ensure transport meets the needs of all in society.
- Traffic Management – to maximise the efficiency and safety of the existing transport network.
- Road Safety – to improve safety for everyone, but particularly vulnerable groups such as travellers.
- Travel to School – to increase the number of pupils walking and cycling to school.

The overall common objective is to improve access to walking and cycling facilities and to reduce the threat of actual or perceived danger. Specific improvements highlighted by the department include:

- Lowered kerbs, to improve access for ability-impaired people.
- Paths for All, to complete the city's cycling and walking network.
- Pedestrian crossing improvements.
- Street light improvements.
- The setting up of a Dundee Mobility and Access Partnership to identify and prioritise remedial measures required to make Dundee a barrier free city.

SOCIAL WORK DEPARTMENT

Children's Services

Child and Family Centres

Dundee City Council Social Work Department's Child and Family Centres provide support and services to children in need and their families. Staff work very closely with a range of health partners. Health Visitors are the primary source of referral to Child and Family Centres.

Centre staff are also involved with other Council departments in the provision of services to promote child and community health. For example, Centre staff work very closely at a local level with workers from Dundee's Healthy Living Initiative with whom a community development approach is taken to health improvement for local people in each area.

A number of health promoting training programmes have been delivered to staff and clients in Child and Family Centres including the following:

Little Gym Time training - Training for staff in leading children and parents in physical activity play designed to promote a positive approach to physical exercise at an early age. Little Gym Time equipment is now accessible to pre-school children in a number of Child and Family Centre and Education Department settings across the city.

Post Natal Depression Training - Child and Family Centres staff have been trained through this programme alongside Health Visitors. This programme is ongoing and has been funded through Health. Some Centres are running post-natal depression support groups for local families.

Cooking skills training - A number of staff have received training through Dundee's Healthy Living Initiative and are involved in delivering cooking skills programmes to groups of parents in the community. Additional monies received from the Scottish Executive in 2003 have been used to deliver a number of nutrition and cooking skills based programmes citywide.

Feelgood training - Staff have been trained in using aromatherapy, foot and hand massage, relaxation and stress management techniques. They are now providing this to groups of parents in Centres and in other community settings across the city. Parents are giving very positive feedback saying they feel better able to cope with their parenting responsibilities.

Mellow Parenting - This is a 14 week course helping parents to look at their parenting skills, improve their ability to nurture and protect their children.

Infant massage -: Working with the parents and babies together, this approach promotes the babies' well being and assists in the attachment process.

Nutrition Guidelines for Under Fives - Staff in Child and Family Centres have adopted these guidelines as the basis for the provision of all snacks and meals in Dundee's network of Centres across the City.

Health Promoting Nurseries Policy - A Centre Manager from one of Dundee's Child and Family Centres is also joining with Education Department in the development of a Health Promoting Nurseries Policy within the Council.

Services for Looked After Children -Two 'looked after children's nurses' are now in post covering both residential and foster care services.

Child and Family Psychiatry Services - Two nurses specifically focusing on self-harm and another mental health nurse who works across Rossie School and The Elms.

Criminal Justice Services

Eastport House (EPH)

The unit programme has various activities, classes and groupwork sessions that are aimed at promotion of health.

- Physical activities include; Hill Walking, Camping, Football, Ice Skating, Gym, Swimming, Cookery Classes, Relaxation Classes
- The unit has a football team and all residents, both male and female, are encouraged to play.
- There is Heart Start training twice a year for staff and residents.
- Life skills groupwork looks at Budgeting, Housing, Personal Care, Food and Nutrition. Residents moving out are given a cookery book, which has easy to cook but healthy recipes.

Drug Testing and Treatment Orders - Drug Treatment and Testing Orders are a new community based criminal justice disposal. These provide a credible alternative to custody for drug using offenders. DTTO 's take a multi agency approach to tackling drug misuse advocated at a National and Local level. The service aims to reduce or eliminate the instance of drug related offending and is heavily focussed on health matters.

Community Care Services

Joint working with NHS Tayside continues to be a major priority for community care services, in line with the Joint Future Agenda and the Local Partnership Agreement. There has been

significant work undertaken jointly to examine health and social care core service provision to redress the balance of care between institutional care settings and care at home.

Within this context, there has been extensive joint working to develop services that promote and improve health, well-being and social inclusion for all service user groups. Some examples of joint working specifically targeting health and well-being are:-

- day activities are provided in a range of settings and with all client groups that provide links with primary health care teams, the voluntary sector and healthy living initiatives.
- exercise and older People : The OPEN project provides activities in sheltered housing complexes including a range of exercise such as aerobics, Tai Chi, dance and also complementary therapy treatments.
- There is a comprehensive strategy to improve and develop meals services. This includes the meal delivery service and lunch clubs providing choice and nutritional meals across the city
- There are health improvement and education programmes for people with learning disabilities eg dental hygiene, dietary advice and sexual health education initiatives

SUPPORT SERVICES

Architectural Services

The Architectural Services Division indirectly continues to support a number of initiatives which aim to improve health including:-

- Accreditation to ISO 14001.
- The use of sustainable materials from internal resources.
- Consideration of health risks and hazards in buildings.
- Minimising opportunities for crime in buildings.
- Water testing to minimise water transmitted health hazards.
- Development of a Council Asbestos Policy.
- Recycling of waste from site.

The Division also carries out access appraisals and disability audits on all new projects to identify areas for improvement and to address the Council's policy for Social Inclusion.

In addition the Division has continued to be proactive in formulating meetings with NHS Tayside to work in partnership to provide improved services.

Environmental Health Services

Environmental Health's aim is to prevent ill health, injury and disease and to protect the environment. During 2002 to 2003, contact was made with businesses and the community tackling the many environmental health stresses that undermine health. The department's health protection role covers all elements of the living environment.

Examples of significant investigation and actions in 2002 to 2003 include:-

- The closure of a tattoo/skin piercing business owing to poor infection control methods;
- Restrictions on a café business in the summer to protect employees from heat stress;

- Emergency closure of local food premises and successful prosecution for food hygiene violation;
- Successful prosecution of national cleaning contractors whose negligence caused chemical injury to an employee in a major retailer;
- An increase in food hazard warnings from the Food Standards Agency requiring local action following contamination of internationally sourced food ingredients.
- Fines for those in breach of dog fouling legislation

A number of new projects were also developed. These include:-

Corporate Food Safety - The Council is a substantial food provider (eg welfare meals, school meals service). This scheme provides advice to Council Departments on food safety and standards and undertakes monitoring visits. Recommendations, still to be approved, have been developed on the way forward in meeting forthcoming food safety standards.

Food Hygiene Courses (The Cascade Project) - In partnership with Dundee College this project saw the number of Dundee Food Handlers participating in courses rise to 2,500. Over 450 business/organisations were represented. The community/voluntary sectors were represented and the Healthy Living Initiative was also supported.

Safe and Health Working (Licensed Trade) - The department set up a pilot scheme with Dundee Licensed Trade Association and the Scottish Executive backed Safe and Healthy Working (a free Occupational Health and Safety service) with the aim of keeping the trade up to date on occupational health and safety matters.

Safetaysiders - The department's home safety section plays the lead role in Safetaysiders, an initiative that takes a multi agency approach to experiential learning with Primary 7 children

Trading Standards

Trading Standard's aim is to think beyond the mere application of the law by seeking out the wider social, economic and environmental purposes contained within legislation. In this way, Trading Standards has a role in the health and wellbeing of the community. Through a range of responsibilities the department regulates standards and takes action.

Significant activity during the year included:

- Advising livestock holders and animal feed processors on changes in feedingstuff and Animal Health legislation and carrying out roadside checks on the health of animals in transit
- Leading the launch of a theatre group to help combat the menace of doorstep selling and distraction burglary in the community, especially to vulnerable groups.
- Offering a free electric blanket testing service to Dundee citizens to reduce accidents
- Leading the launch of an anti-graffiti initiative by visiting all sellers of potential graffiti material
- Regulating the sale of fireworks, including joint working with Tayside Fire Brigade to help educate children about the dangers of misuse.

DUNDEE CITY COUNCIL

SCOTLAND'S HEALTH AT WORK - DEPARTMENTAL ACTIVITY

SHAW departmental activity reported to date:

Department	SHAW Activity
Communities	Healthy Eating Lunch, City Walk - 18 miles, Staff Health Newsletter
Corporate Planning	Heartstart Sessions, Yoga Taster, Walks, Health & Lifestyle Checks, Weight Support Sessions
Economic Development	Heartstart Sessions, Highland Dancing, Taste and Try Sessions, Fruit Baskets, Breast Cancer/Male Cancer Awareness Sessions, Coffee Morning for McMillan Cancer Nurses, Smoking Cessation Tutor Training
Education	Nutrition, Healthy Eating Days, Sponsored Slim, Walking, Stress Workshop, Alternative Therapies e.g. Massage and Reflexology
Finance	Healthy Eating Lunch, Fruit Bowls in Workplace, Ten Pin Bowling Competition, Hill Walking
Housing	First Theme - Promoting Sensible Drinking
Information Technology	Supporting and Sponsoring Staff in Race for Life, Healthy Eating
Leisure & Arts	Promotion of Flu Jabs to Front Line Staff, Activity Day in City Square, Annual Golf Outing, Promotion of Dundee Cyclethon and Blood Donor Sessions, Departmental Stress Management Action Plan
Planning and Transportation	Healthy Eating, Physical Activity, Women's Health Issues, Mental Health and Well-Being
Social Work	Yoga, Tai Chi, Complementary Therapy, Aerobics Classes, Health Fayre, Staff Counselling, Stress Management, Back Care Week
Support Services	Series of lunchtime, historical walks led by City Archivist, staff surveyed re health priorities - action plan developed

As part of the SHAW process, all departments elicit feedback from staff and evaluate changes in awareness attitudes and behaviour.