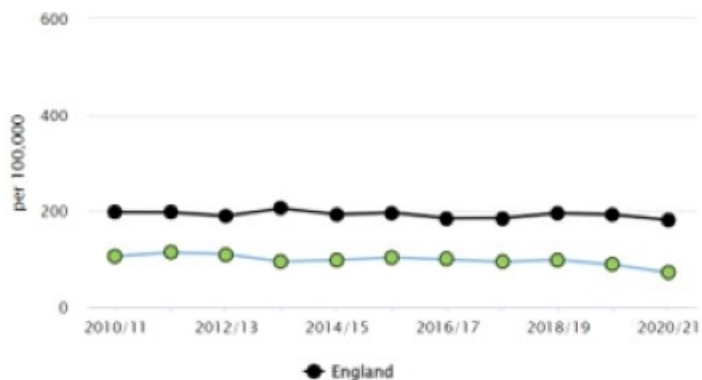


Appendix I – Health and Wellbeing of Barnet’s residents: Highlights over the last four years



Show confidence intervals Show 99.8% CI values

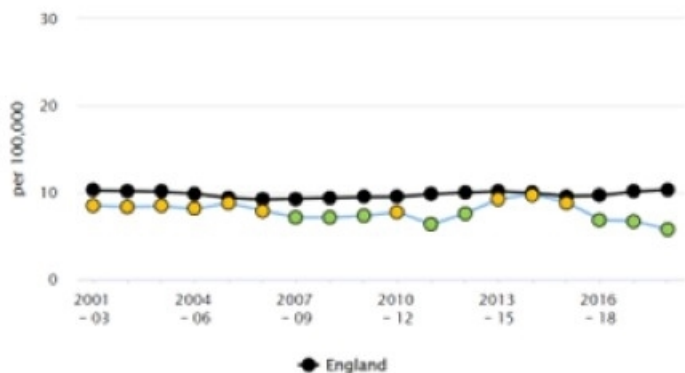


Recent trend: Decreasing & getting b

Period	Barnet	
	Count	Value
2010/11	400	106.3
2011/12	429	113.5
2012/13	405	110.1
2013/14	356	94.9
2014/15	379	98.2
2015/16	399	103.6
2016/17	386	99.3
2017/18	367	94.4
2018/19	390	98.8
2019/20	350	88.4
2020/21	285	71.8

Suicide rate

Show confidence intervals Show 99.8% CI values



Recent trend: Could not be calculated

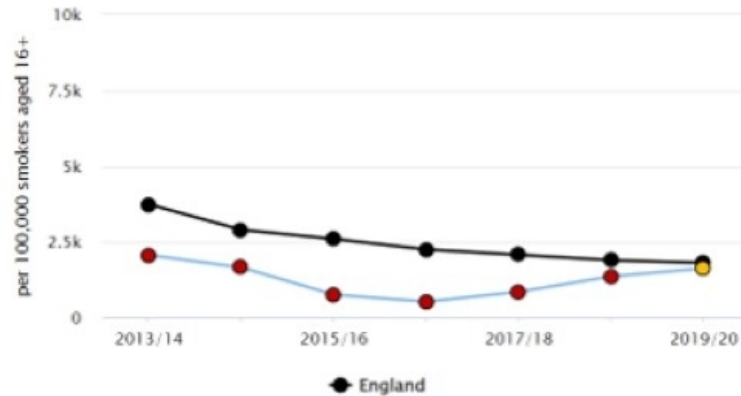
Period	Barnet	
	Count	Value
2001 - 03	71	8.5
2002 - 04	68	8.3
2003 - 05	69	8.4
2004 - 06	66	8.1
2005 - 07	74	8.8
2006 - 08	67	7.9
2007 - 09	63	7.1
2008 - 10	64	7.1
2009 - 11	69	7.3
2010 - 12	71	7.7
2011 - 13	58	6.3
2012 - 14	68	7.6
2013 - 15	84	9.3
2014 - 16	91	9.8
2015 - 17	85	8.9
2016 - 18	67	6.9
2017 - 19	66	6.7
2018 - 20	58	5.8

Mental Health and wellbeing

- Youth Mental Health First Aid teaches adults and Peer Champions networks established in over 100 schools in Barnet
- Resilient Schools support education around mental health for pupils, parents and staff in 72 schools and the plan is for this to become a universal offer for all Barnet Schools
- To support the mental health and wellbeing of our care leavers, Onwards and Upwards work with Terapia was set up offering group work and individual interventions and it is led by expert by experience who is a care leaver
- Launched extensive suicide prevention campaign aimed at working-aged men in autumn 2021. The campaign combined outdoor advertising, digital marketing and targeted engagement with local male-dominated businesses such as construction companies, gyms and taxi services and other community organisations, encouraging use of the Stay Alive app as well as talking about mental health. The app was downloaded 11,138 times during the period, with our digital content displayed online over 2,000,000m times.

Smokers that have successfully quit at 4 weeks

Show confidence intervals Show 99.8% CI values



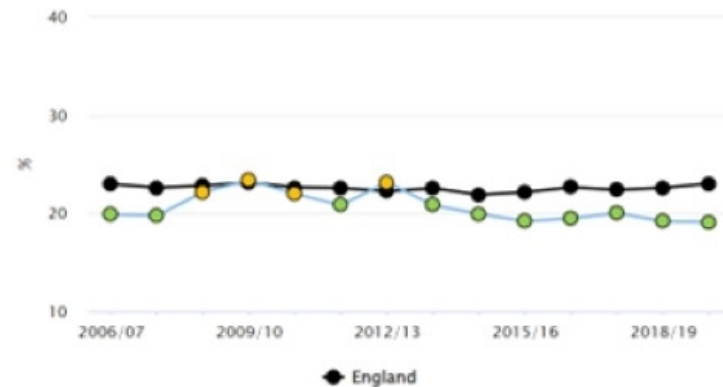
Recent trend: Could not be calculated

Period		Barnet	
		Count	Value
2013/14	●	916	2,063
2014/15	●	680	1,653
2015/16	●	327	750
2016/17	●	232	518
2017/18	●	444	843
2018/19	●	457	1,360
2019/20	●	561	1,618

Source: Population Health Analysis Team, PH

C09a - Reception: Prevalence of overweight (including obesity)

Show confidence intervals Show 99.8% CI values



Recent trend: No significant change

Period		Barnet		
		Count	Value	Lo
2006/07	●	544	19.9%	
2007/08	●	611	19.8%	
2008/09	●	698	22.2%	
2009/10	●	826	23.4%	
2010/11	●	725	22.0%	
2011/12	●	710	20.8%	
2012/13	●	873	23.1%	
2013/14	●	810	20.8%	
2014/15	●	783	19.9%	
2015/16	●	800	19.2%	
2016/17	●	828	19.5%	
2017/18	●	839	20.0%	
2018/19	●	796	19.2%	
2019/20	●	730	19.1%	

Health Weight and other lifestyle behaviours

- Signed Local Government declaration on Sugar reduction and Healthier Food
- Launched Sugar Smart Campaign
- Launched interactive Making Every Contact Count e-module
- Organised Diabetes Awareness raising events at Brent Cross and identified over 100 people at risk of diabetes
- Food security work programme delivered more than 100,000 food parcels to vulnerable residents last year, commissioned budget cooking programmes and digital videos specific to African Heritage or Caribbean Heritage foods (groups at risk), delivered cooking sessions with local employment team for council tenants and issued more than 13,500 food vouchers for children via different schemes
- Invested in smoking cessation aimed at increasing uptake in smoking cessation interventions across the borough including those with mental ill health and other underlying conditions

Heritage Points

- 1 Underhill and East Barnet
- 2 Red Lion Pub
- 3 High Barnet
- 4 Barnet Museum, Ravenscroft Almshouses and Elizabeth Allen School
- 5 Leathersellers Almshouses and Ravenscroft Park
- 6 Christ Church Mimms Side
- 7 The Battle of Barnet, Hadley Green
- 8 Saint Mary the Virgin, Monken Hadley
- 9 Livingstone Cottage
- 10 Barnet Union Workhouse, The Old Town Hall and Saint Mary the Immaculate Church

APPROX. DISTANCE: 3.5km / 2.2 miles
 APPROX. STEPS: 8,700 steps
 APPROX. TIME: 1.5 - 2 hours

Heritage Points

- 1 The George Town Public House
- 2 Woodhouse Road
- 3 Longbridge Lane
- 4 Longbridge Lane
- 5 Longbridge Lane
- 6 Longbridge Lane
- 7 Longbridge Lane
- 8 Longbridge Lane
- 9 Longbridge Lane
- 10 Longbridge Lane

APPROX. DISTANCE: 4.3km / 2.7 miles
 APPROX. STEPS: 7,000 steps
 APPROX. TIME: 1.5 hours

Heritage Points

- 1 Hendon Town Hall
- 2 The Boroughs
- 3 Saint Mary's Church
- 4 Hendon Aerodrome
- 5 Ashley Lane
- 6 Hendon Cemetery & Crematorium
- 7 Hendon Golf Club
- 8 Dissolved railway bridge
- 9 Inglis Barracks - Officers' Mess

APPROX. DISTANCE: 6km / 3.7 miles
 APPROX. STEPS: 7,000 steps
 APPROX. TIME: 1.5 - 2 hours

Heritage Points

- 1 Islington and St Pancras Cemetery
- 2 The chapel
- 3 The parachutist
- 4 The Mond Mausoleum
- 5 The Melesi Mausoleum
- 6 Coppetts Wood
- 7 Friern Barnet old town hall
- 8 Colney Hatch Asylum

APPROX. DISTANCE: 4.3km / 2.7 miles
 APPROX. STEPS: 7,000 steps
 APPROX. TIME: 1.5 hours

Healthy Heritage Walks

- Since launching in July 2019, the Healthy Heritage Walks webpage has had 15,209 people visit
- The Healthy Heritage Walks audio tours have been played over 1,000 times across a variety of platforms
- The most listened to walk is East Finchley to Finchley Church End Walk, second most listened to is the Totteridge Walk
- The Healthy Heritage Walks webpage is in the top 3 most visited pages
- Social media promotion of the Heritage Walks receives good engagement with residents. Recent posts on:
 - Facebook: had 365 clicks, 9728 impressions i.e. number of times the post was seen and were shared 20 times
 - Twitter: 261 engagement and 4180 impressions, 104 link clicks and were retweeted by The Barnet Society
- Hampstead Garden Suburb walk will be launched in Spring 2022

Health and Care integration

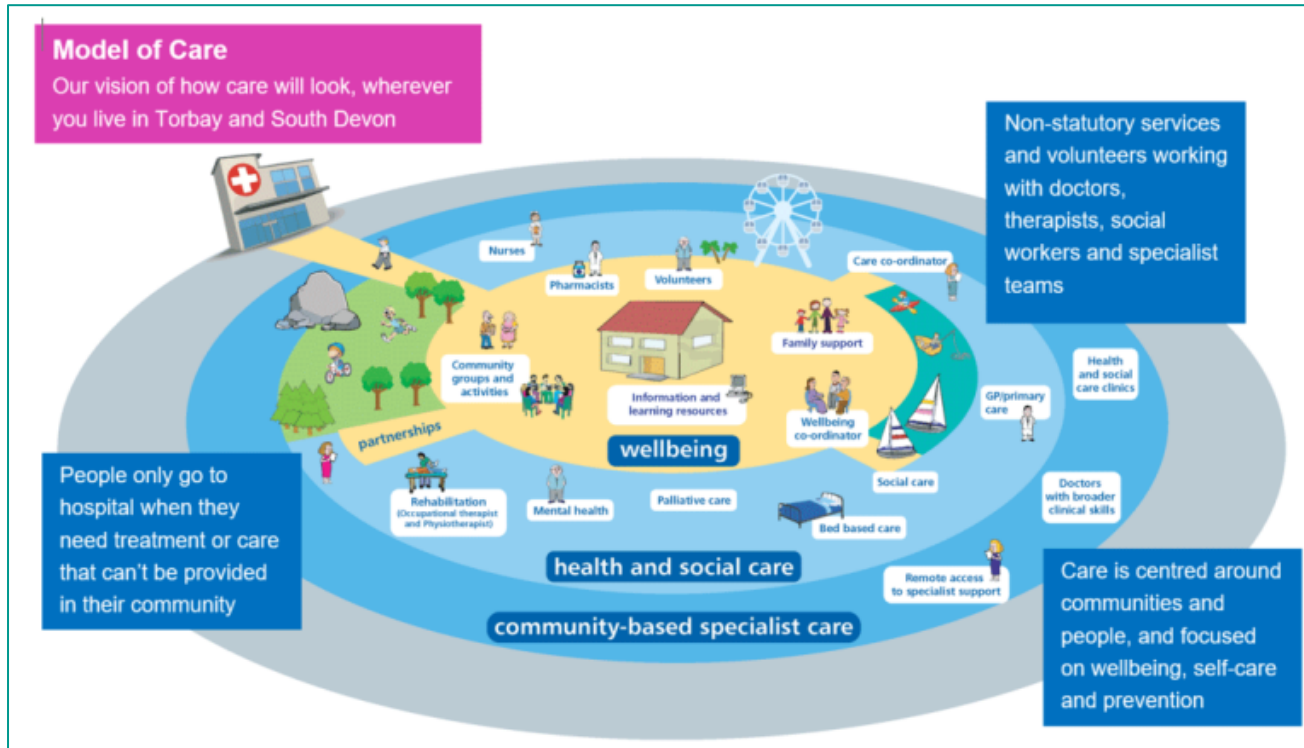


Image from Devon and Thurrock neighbourhood model

- Set up governance for Barnet Borough partnership and identified priorities for work: mental health and wellbeing, health and wellbeing of children and young people and reducing inequalities
- Started developing neighbourhood models, based on Manchester example and other best practice across the country and wider
- Secured health inequalities funding from the NCL ICS to stand up Barnet Young Brushers, a supervised toothbrushing to 41 Early Years settings to address tooth decay in young children in our most deprived areas. Over 350 children have been part of this project so far
- Secured additional NCL ICS inequalities fund resources to develop an approach to peer support model for tackling cardiovascular diseases in areas of most deprivation in Barnet
- Delivered excellent joint response to the pandemic in care settings by setting up One Team Barnet, a multi-disciplinary NHS and LA team to support management of COVID-19 as well as wider health and care support for residents of care settings in Barnet

Barnet Council's Covid-19 response in numbers

From the start of lockdown on 23 March to 28 August, we have continued to provide our core services as well as essential support and relief to those most affected by the outbreak.



Response to the pandemic

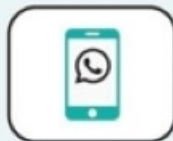
- Run a 7 days on-call rota providing public health and health safety advice
- Managed outbreaks in care settings and schools. Set up local contact tracing, PPE hub and testing sites
- Set up a network of 260 diverse community COVID Champions
- Run, with NHS colleagues, oxygen saturation monitoring pilot that won regional NHS Parliamentary award for innovation
- Supported hyperlocal approach to vaccinations with pop-up clinics in areas of lowest uptake
- Distributed 87,000 LFD test kits within communities at higher risk and over 3,000 COVID-19 vaccines have been given at pop-ups and vaccine bus
- Were selected as one of the London sites for Best Practice COVID Network on care settings and places of worship COVID-19 management
- Supported workforce wellbeing with actions centred around maintaining staff mental and physical health through provision of resources, advice, timely access to PPE and equipment

BECOME A COVID-19 HEALTH CHAMPION



Do you want to help your family and friends?

Anyone living, working or studying in Barnet can get involved.



Get live updates on COVID-19

Receive the latest information and government guidelines on how to stay safe and healthy.



Become a COVID-19 Health Champion

Join our network of local people to help during the COVID-19 pandemic.



Spread the word

Share COVID-19 this information with your family, friends, work colleagues and the wider community.



You can help to stop the virus

Keeping our communities well informed will help minimise the risk of the virus spreading.

Register to become a Champion

Visit: www.engage.barnet.gov.uk/health-champions
Email: barnethealthchampions@groundwork.org.uk

Together, we can make sure everyone in Barnet has the information they need to stay safe and healthy.



Community engagement for health and wellbeing

- 3224 Social Prescribing referrals in the last year
- Barnet Innovation Fund launched in spring 2021 (£600k), jointly funded by all Barnet Borough Partnership members (NHS acute and community trusts and LA) to stimulate local voluntary and community sector in scaling up initiatives that matter to residents. Its criteria are linked to priorities of the Borough partnership and areas of highest deprivation
- Recruited 269 health champions in all 21 wards, 20% of champions are under 35 years old, 40% come from Black, Asian and other ethnic minority communities. Over 70 zoom sessions were held and 150+ infographics created in collaboration with the champions to communicate clearly ever-changing guidelines
- Currently expanding vaccination champions programme with successful award from Department of Levelling Up, Housing and Communities of £461,000